



EAST GEORGIA YOUTH LACROSSE HANDBOOK

I. EGYL HELPFUL LINKS

[EGYL Adult and Volunteer Code of Conduct](#) (Every adult and volunteer must sign this. Forms must be turned in to EGYL Compliance at the scheduled league meeting before the first game.)

[EGYL Player Code of Conduct](#) (Every participant must sign this. Forms must be turned in to EGYL Compliance at the scheduled league meeting before the first game.)

[Game Day Expectations](#)

[EGYL RULES SPREADSHEET](#) (in construction—currently being updated with new rules dependent upon final team sizes)

[Flex6 Lacrosse](#) (1st and 2nd grade boys and girls)

[Boys USA Lacrosse](#) (3rd/4th: 10u USA Lacrosse) (5th/6th: 12u USA Lacrosse) (7th/8th: 14u USA Lacrosse)

[Girls USA Lacrosse](#) (3rd/4th: 10u USA Lacrosse) (5th/6th: 12u USA Lacrosse) (7th/8th: 14u USA Lacrosse)

[By-Laws \(including job descriptions and responsibilities of board members\)](#)

[Incident/Injury Form #1](#)

[Incident/Injury Form #2](#) (If documenting discipline, [use this one and stop after “Describe the incident and how it occurred:”](#))

II. COMMUNICATION

- ❖ Communication is the key to success in being an active member of East Georgia Youth Lacrosse. It is extremely important that all Board Members frequently check email, communications apps, and any other communication presented by the League. All important information, deadlines, and news will be communicated this way. Presidents, VPs, Boys Lacrosse Commissioners, and Girls Lacrosse Commissioners will be on Association Band, and EB will communicate important information through this group. Items specific to girls lacrosse will have #girlslacrosse and items specific to boys will have #boyslacrosse. This is just to ensure that everyone is getting required information, and all board members are on the same page. It is also important that the East Georgia Executive board get a list of contact information including emails for all Association Executive Board Members and all Head Coaches. Association Presidents must ensure that this is updated by June 1st of each year. This document is vital in keeping open communication between the EGYL Executive Board and the Associations. Association presidents are responsible for adding new board members as they are added.

III.

CLICK FOR BACKGROUND AND TRAINING REQUIREMENTS: COACHES

- ❖ Team parents are required to obtain a USA lacrosse membership, complete the background check on the USA lacrosse website, and complete the SafeSport online training on the USA lacrosse website.

IV. OFF-SEASON CAMPS, CLINICS, AND EVENTS

- ❖ Off-season camps and clinics are permitted by EGYL and USA Lacrosse. Associations may host their own Association events but must inform EGYL at least one week in advance so that proper paperwork can be submitted. At the request of USA Lacrosse, events must be submitted through EGYL at the League level. (Players who are not USA Lacrosse members are still covered.) Each season, EGYL will host two coaches' clinics that will also double as players' clinics for prospective players and returning players.

V. DOCUMENTING DISCIPLINE AND INJURIES

- ❖ Whenever a player sustains any injury, minor or major, the association trainer or a medical professional on the field must be notified so that they can interact with the child. Then, the injury and any communication must be documented. If outside medical care is necessary (for example: concussion), the child must have a release from a medical professional to resume practice/play. Also, coaches must know all of the information that is on the child's physical and have immediate access to participant contact information in case of an emergency.
- ❖ If a coach has continual discipline issues with a child, any communication or action with the child or parent should also be documented.
- ❖ Forms found in the helpful links section of the handbook.

2022 EAST GEORGIA YOUTH LACROSSE (EGYL) LEAGUE RULES, COVENANTS & REGULATIONS

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RESOLUTION

It is solemnly resolved by the Executive Board and the Association Directors and Members of the East Georgia Youth Lacrosse League that this league is for the youth first, last and always. Any attempt by a coach or league official to circumvent or violate these rules is inexcusable misconduct, and will result in a fine, probation, suspension from league participation, or a

combination of all three, determined by EGYL eligible voting membership.

*******Unless specifically noted, all rules apply to coaches, participants, players and spectators.**

RULE 1: UNDERSTANDING THE COVENANTS & RULES

- (A) Each member of the coaching staff must be familiar with the "US Lacrosse Youth Council Rules" and the East Georgia Youth Lacrosse League Amended Revisions.
- (B) Each member of the coaching staff and each EGYL representative must have a thorough understanding of all EGYL rules, agree to abide by all provisions of these rules, and be willing to accept any penalties which may be imposed as a result of violation(s) of the rules. Coaches will sign a Code of Conduct agreeing to the Responsibilities they are to inherit.
- (C) Each head coach is expected to have read the US Lacrosse NFHS rule book for youth and attend any seminar scheduled by the EGYL Board to obtain admission to the sideline during official league play. All coaches must complete the Positive Coaching Alliance seminar or similar program provided by the EGYL.
- (D) **The rules in this Rule Book are subject to change.** Each EGYL Director is responsible for advising his/her association and membership of any rule changes.

RULE 2: AGE DIVISIONS

The EGYL is a grade-based lacrosse association. Many lacrosse participants vary tremendously in height and weight even within the same age categories. All participants in EGYL must participate at their age level irrespective of their size or other physical attributes or limitations.

Boys:

1st & 2nd grade

3rd & 4th grade

5th & 6th grade

7th & 8th grade

Girls:

1st & 2nd grade

3rd & 4th grade

5th & 6th grade

- A). A lacrosse participant may play one division above the players normal age group only if the Association the player participates with is unable to field a team in that age division. (See Rule 6 - Team Composition) or has a coaching accommodation that needs to be met. The participant(s) must have prior written approval by the EGYL before participating in any league game. The EGYL will be the sole determinant of skill / size and age in the movement of any player.
- B). No participant will play below his / her grade classification without written permission of the EGYL.
- C.) No participant will play below or above his / her grade classification without written permission of EGYL.

RULE 3: BOUNDARIES/RECRUITING

- (A) East Georgia is a feeder program, and in order to keep the integrity of our feeder system, we do not allow transfers to out-of-zone Associations. In the event that an Association's registration is closed, EGYL will assign players to an Association.

RULE 4: REGISTRATION

- (A) Each Association will begin registration within the same 1-2 weeks as designated by EGYL.
 - 1. A member association must accept all individuals who register on or before the last scheduled registration date. EGYL will set the cut-off registration date.
 - 2. A member association may accept registrants after the last scheduled registration date so long as it does not exceed team maximums set by the league. Said player must be a certified and uniformed participant of the EGYL. Notification of the late registration must be submitted to the league Boys/Girls Commissioners so that the player can be added to the official roster.
 - 3. Associations must conduct registration using the USA Lacrosse Management System.
 - 4. All teams must conduct a parent meeting prior to the first game of the season and discuss the EGYL Participant and Parent Code of Conduct and other expectations. Each participant and parent must sign the code of conduct. These documents should be kept on file with the Association.
- (B) Registration and collection of player fees are the responsibility of the Associations.
- (C) It is recommended that no registered participant be registered as a qualified participant unless he/she has attained and sustained a better than fair scholastic record.

RULE 5: PRACTICE

- (A) ~~Preseason practices may be as many as six days a week excluding Sundays. Preseason is defined as all those practices leading up to the first weekend of official games. The last day of pre-season practice shall be the Saturday prior to the start of season. Monday following the first official scheduled game shall commence the limited two day per week practice schedule.~~

No team shall require practice more than two days per week and such practice is limited to 2 hours per practice, up to two practices per week. A week is defined as Monday through Sunday.
- (B) Practice time starts when the team is assembled and stops when the team is dismissed. Any gathering of the team or parts of the team for the purpose of improving lacrosse skills or knowledge constitutes a practice.
- (C) No Sunday practice unless petitioned and approved to and by the EGYL Executive Board. Exceptions might be in the case of excessive rain preventing regularly scheduled field use.

- (D) Preseason practices and clinics are permitted June through the beginning of the season. All preseason practices and clinics must be submitted to EGYL for approval.
- (E) During the regular season, all head coaches must submit a practice plan to their Boys or Girls Lacrosse Commissioner if requested by the Association.
- (F) If required due to large numbers, Associations must conduct an evaluation of players prior to the EGYL Roster Verification Meeting. This date will be set by EGYL. For form, click here.

RULE 6: TEAM COMPOSITION

- (A) In order to compete in the EGYL, associations should use the following guidelines to form teams:

Age Division	Field Size	Min Players per Team	Max Players per Team
1st-2nd Grade	Cross-Field	6	11
3rd-4th Grade	Cross-Field	10	19
5th-6th Grade	Cross-Field	10	19
	Full-Field	14	27
7th-8th Grade	Full-Field	14	27

The EGYL reserves the right to approve team sizes not listed above.

- (B) The Sideline Coaching Staff
 1. A coaching staff will be allowed a maximum of 4 coaches on the official roster for the sideline on game day. (At least one Adult Coach must be present for play to commence). If a rostered adult coach will not be present for a game, another badged adult (such as a Team Parent or Lacrosse Commissioner) may serve as a substitute. No more than 4 staff per team. It will be the Head Coach’s responsibility to inventory his bench prior to the start of the game to verify his or her staff is compliant. Once the game commences, additional representatives to the bench area will constitute a penalty against the head coach.

RULE 7: TEAM SPLITS

- (A) League Commissioners will request division numbers 1-2 weeks prior to registration closing to prepare for the EGYL Roster Verification Association Meeting.
- (B) DO NOT RELEASE ROSTERS TO PARENTS UNTIL THEY ARE APPROVED BY EGYL.

RULE 8: CERTIFICATION

- (A) Each parent and participant must complete the code of conduct by the end of the first week of practice. Associations will submit team rosters on an official EGYL certification template prior to the EGYL Official Roster meeting. The League Compliance officer will then certify each player and team when rosters have been approved by EGYL. It is the responsibility of each association to verify the validity of the information of each player. Each association must approve each player’s registration information and forms before the Certification roster is turned in. [Team Certification Template](#)
- (B) All participants and parents must sign an EGYL Participant/Parent Code of Conduct. All non-coaching EGYL Representatives (whether an authorized EGYL board member, meeting representative or a game day rep) must sign an EGYL Volunteer Code of Conduct (found in helpful links section of the EGYL Handbook).
- (C) Any Association found with an adult volunteer or a player that is not certified will be subject to disciplinary

actions. Any game that is played with a non-certified player will be forfeited. This includes players “playing up” or “playing down” for a team that they were not approved for.

RULE 9: UNIFORM AND EQUIPMENT

- (A) Each Association may choose their own vendor, but are subject to EGYL approval for uniform design and cost.
- (B) Each boy (3rd/4th grade and up) participant must have a full uniform including: a “NOCSAE” certified helmet with an approved face guard; NOCSAE certified chest protector; arm guards (elbow pads) and gloves; soft non-clear mouthpiece or teeth protector attached to the helmet, and numbered team jersey. Shoes with screw-in cleats are permitted in all Divisions provided there is NO exposed metal on the cleat.
- (C) Each girl (3rd/4th grade and up) will wear NFHS, ASTM or NOCSAE approved goggles and have a soft non-clear mouth guard.
- (D) 5th/6th and 7th/8th grade Boys will have stick checks based on NFHS rules for stick checks. These are typically down once per quarter or at the discretion of the Referee. Coaches may ask for a stick check if they feel the need.
- (E) No jewelry will be worn during practice or games by lacrosse participants, with the exception of Medical ID, which will be taped to the body.
- (F) It is the responsibility of the head coach of each team to ensure that all participants are properly equipped at game time.

RULE 10: PLAYING RULES

- (A) All games will be played under the USA Lacrosse NFHS Rules with EGYL amended stipulations.
- (B) Exceptions to Rule 10.A are as follows:

[EGYL Rules Sheet](#)

(C) Clock Operation

- a. The clock will continue to run during the game with the exception of team time-outs, injury time-outs, and for officials time-out.

(D) General Play Outline 1st/2nd Grade

1. Running Game Clock
2. Must attempt 2 passes anywhere on the field. Passes initiating from the goalie do not constitute a first pass. CLARIFY: Must attempt 2 passes after Goalie's outlet pass anywhere on the field, prior to a shot. Officials to make verbal counts.
3. Only one coach per team is permitted to be on the field. That coach may not be within 5 yards of any player (from either team). The coach must stay at least 10 yards from the official at all times. If the **Head Coach** (and only the head coach) needs to speak with the official, he can do so during a time-out, end of a period or at half time. All inquiries shall be phrased in the form of a question. The official may refuse to speak to the Head Coach if these requirements are not fulfilled.
4. Penalties WILL be served by the offending player. All time will be served based on the official's administration of the flagged penalty. **A substitute player must come into the game to replace the penalized player** to make both teams “even” in play. All releasable and non-releasable penalties will be honored. A player that has accumulated a total of five (5) minutes of penalty time will be disqualified from

the current game and will remain in the bench area. He is not allowed to play for the remainder of the game (to include overtime).

5. Body checking is not allowed, if someone checks, flag the player for either an illegal body check, cross-check or unnecessary roughness and put the player in the penalty box. **Stick-to-stick checks are NOT allowed.** Allowable checks are poke checks and lift checks only.
6. “Man / Ball” technique is allowed on ground balls.
7. Ensure fair play via stopping the game and awarding the ball to the offended team if necessary.
8. No faceoffs/draws
9. Coaches may not screen the defender or offense when in play. Coaches are encouraged to execute their on-field coaching from the side of the field.
10. **Mercy Rule for FLEX 6.** Coaches should use professional judgment and keep in mind sportsmanship and substitute players, play left handed, have multiple passes before shooting, etc.

Boys

3rd/4th

1. Timing restrictions in place – 4 seconds to clear the ball from the crease and 20 seconds to cross midfield. There is no 10 count at the level.
2. Very limited body checking.
3. Man Ball technique is allowed.
4. NO FACEOFFS

5th/6th

1. All timing restrictions in place – goalie has 4 seconds to get the ball out of the crease once he has possession, 20 seconds to cross midfield, and 10 seconds to get it in the box.
2. No passing restrictions.
3. Limited body checking. (Recommended that officials use a USL 3 yd recommendation)
4. Man ball technique is allowed.
5. Face-offs after scores.

7th/8th

1. All timing restrictions are in place – goalie has 4 seconds to get the ball out of the crease once he has possession, 20 seconds to cross midfield, and 10 seconds to get it in the box.
2. No passing restrictions.
3. Body checking in accordance with USL NFHS Youth Rules is allowed. (Officials shall use the USL 3 yard rule for the safety of the player.)
4. Man ball technique is allowed.
5. Face-offs after scores.

Stick Checks (Boys)

1. 1st/2nd and 3rd/4th Boys will not have required stick checks. 5th/6th and 7th/8th Boys will have stick checks at the end of the quarters. Once a player is checked it is not necessary to check the stick unless the referee feels the need.
2. A stick deemed “pinched” (meaning the ball will not fall out due to the plastic head) is removed from the remainder of the game.
3. A stick that will not let the ball come out due the stringing can attempt to repair it and have it checked by

the official at quarter's end or time out. If approved it can re-enter the game. If the same thing occurs a second time stick will not be allowed to return to the game.

4. A Stick deemed to have a "deep pocket" (See NFHS Interpretation) will be removed until repaired.
5. Penalty times or goal removal are enforced in concordance with USL NFHS Youth Rules.

NO TAKE-OUT CHECKS ARE PERMITTED BY ANY PLAYER AT ANY AGE LEVEL.

A take-out check is defined as:

Any body check in which a player lowers his head or shoulder with the force and intent to put another player on the ground.

Any body check is more aggressive or more physical than necessary to stop the advancement of the player carrying the ball or to keep or move a player away from a loose ball. This includes but is not limited to: (i) any check in which a player makes contact with sufficient force and intent to knock down the opposing player; (ii) any check in which a player makes contact with sufficient force and intent to injure the opposing player; and (iii) any check made in a reckless or intimidating manner.

Any body checks on a player in a defenseless position. This includes but is not limited to (i) body checking a player from his "blind side"; (ii) body checking a player who has his head down in an attempt to play a loose ball; and (iii) body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check. *NOTE: Sports medicine research indicates that the severity of certain injuries may be reduced if a player can anticipate and prepare himself for an oncoming hit. Other sports medicine research indicates that peripheral vision may not be fully developed in many boys before approximately age fifteen. Game officials should be especially alert to blind side checks at all youth levels.*

Fouling Out

5th/6th and 7th/8th (Boys)

Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.

1st/2nd and 3rd/4th (Boys)

Any player who accumulates 4 personal fouls or 5 minutes in personal foul penalty time shall be disqualified from the game. For 3rd/4th, a substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out. For 1st/2nd, a disqualified player must leave the field but his team may replace him with a substitute; no man up situation should occur.

Mercy Rule (applies to 5th/6th and 7th/8th Boys)

- a. Mercy rule is applicable at any time during the game.
- b. If the score differential is 6 or more goals, the losing team gets a free clear at the midfield line. It is the losing team's choice to forego the free clear at the midfield line and have a face-off. If the score differential drops to 4 goals or less, then resume normal game conditions.
- c. If the score differential is 8 or more goals, the winning team must follow these rules.
 - 5th/6th must attempt four passes on the offensive side of the field before shooting
 - 7th/8th must also attempt four passes in the box on the offensive side of the field before shooting. Once the ball enters the box, it must stay within the box if it comes out the losing team gets a free clear at the midfield line.

- d. If a goal is scored before the four passes, then the goal is disallowed, and offended team gets the ball at center-X.
- e. The losing team will continue to play with the normal passing rules for their age group. If the score differential drops to 7 goals or less, then the passing restrictions on the winning team are lifted. If a game ends with a 12 or more goal differential the winning coach may face disciplinary action upon review from the EGYL board.

Overtime (HS Overtime Rules)

Safety Issues (Boys)

- a. Mouth guards must be of color and preferably be attached to the helmet.
- b. No stick to helmet to helmet contact will be permitted.
- c. No one handed checks at any level. (NO one-handed wrap checks are allowed.)
- d. No take out checks.
- e. There are to be no stick checks to the opponent's free arm.
- f. 7th/8th: NO one-handed wrap checks are allowed.
- g. "Ice Pick" checks will not be allowed.
- h. **2012 US Lacrosse "3- YARD RULE"** All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.
- i. Spearing (offensively or defensively) must be taken seriously. It is a non-releasable penalty. Please reinforce proper technique with any player.
- j. Body checking- checks must be between the opposing players shoulders and waist with head in front of opponent. Players cannot lead or lower their head (or shoulder) to make contact. Arms must not be extended away from the player's body prior to contact. Once contact is made arms may be extended two hands must remain on the stick at all times.
- k. Any checks to a "defenseless" player will result in a two-minute non-releasable penalty. A "defenseless" player is defined as any player that does NOT see the check coming. This includes players that are ready to catch the ball from his buddy (known as the „buddy pass rule"), players that are attempting to scoop the ball from the ground and are looking down.
- l. Stick checks to opponents can be made from shoulder to hand on the arm or arms holding the stick. The check must be an attempt to dislodge the ball from the opponent's stick.
- m. There are to be no stick checks to the opponent's free arm.
- n. "Ice Pick" checks will not be allowed.

Girls

3rd/4th

1. No timing restrictions with the exception of goalie clears. Goalie has 10 seconds to clear the ball after a save. Referee should count down from 10.
2. The game is played as 6 vs. 6 plus a goalie so each team is allowed to have 7 players on the field at a time.
3. The restraining line (can be a dashed line) is drawn perpendicular to the boy's midfield line through Center X" or the drawn spot. The line must continue from sideline to sideline (in this case, this is the top of the boys box). A team must keep the following in each area:

2 Attack 2 midfield Defense-3, to include the goalie. The 2 midfielders are the only players with full field access.

4. Field is set to be 60 by 40 yards in dimension and should be placed perpendicular (or cross-field) to the “normal” playing field (see Figure 1 below). This is typically in the center of the field. A standard girl’s goal circle shall be drawn on each of the boy’s faceoff wings at the boy’s mid-line. An 8-meter arc shall extend out from each goal circle (crease). See item #3 above for restraining line definition.
5. A player must complete one defined overhead pass made by a player other than the goalie originating anywhere on the field. Change of possession on pass rule: if at any time the ball changes possession while a team is attempting a shot, the passes are reset to zero and they must again complete 1 pass prior to attempting a shot on goal.
6. Stick checking is not allowed. If a check occurs, play will be stopped and set up as a major foul.
7. Ensure fair play via stopping the game and awarding the ball to the offended team if necessary.
8. Draws are done after each goal.

5th /6th grade	7th /8th grade
Allow modified checking	Allow Transitional checking
20 min halves	22 min halves
No pass rule	No pass rule

1. No timing restrictions, with the exception of goalie clears. Goalie has 10 seconds to clear the ball after a save. Referee should count down from 10.
2. The game is played as 11 vs. 11 plus a goalie so each team is allowed to have 12 players on the field at a time.
3. Restraining lines are used at this level. Off-sides will be called if more than 8 players are in the defense area and more than 7 players are in the attack area at any given time.
4. Field is set as the standard full size girl’s field. Girls goal circle must be used and 12M Fan and 8M Arc must be measured from the girl’s crease instead of the boy’s crease.
5. (5th/6th): Modified Stick Checking is allowed. The entire stick must be below shoulder level and the check must come from the stick head side of the body. The check must be controlled, downward and away from the body. “No checks will be allowed that are reckless in form, in an upward motion towards the player’s face.
6. 3-second rule is in place for guarding in the 8m Arc. If a player is in the 8m Arc for more than 3 seconds and she is

not defending an opposing player within a stick's length, the opposing team will be awarded a free position at the closest hash mark on the 8m Arc from where the penalty occurred.

7. Draws are done after each goal.

Girls Mercy Rule

No Official Mercy Rules

Coaches should use professional judgment and keep in mind sportsmanship and substitute players, play left handed, have multiple passes before shooting, etc. This will be monitored by EGYL officials.

If a game ends with a 12 or more goal differential, the winning coach may face disciplinary action upon review from the EGYL board. MODIFIED

Girls Over Time (HS Overtime Rules)

(E) Penalties: Penalties will be tracked and timed by the EGYL clock/score official

Ejection

Any player or coach ejected from a game by a game official (Note: this does not include fouling out per Rule 5-11) shall be suspended for his next regularly scheduled game (at the time of the ejection). The second time a player or coach is ejected in the same season or tournament he will be suspended for the next two regularly scheduled games (at the time of the ejection). A third ejection in the same season or tournament will result in a suspension for the remainder of the season or tournament.

The ejected player shall come to the next game wearing his/her jersey and are required to sit on the bench for the entire game.

Game Termination

Officials will have authority to terminate a youth game in response to flagrant acts of unsportsmanlike behavior including excessively rough play or the encouragement of excessively rough play by coaches, athletes, spectators, or fans. A game termination will be the last resort in ensuring the players' safety and preserving the integrity of the game. If possible, game officials will issue at least one strong warning that the game is in danger of being terminated. However, it is conceivable that games may be terminated on the first instance of a flagrant unsportsmanlike act. Every effort should be taken to avoid game termination, including the enforcement of existing rules for team-conduct penalties, unsportsmanlike-conduct penalties, and ejection fouls. Mechanics for terminating a game for flagrant unsportsmanlike behavior can be found at www.uslacrosse.org (Programs & Grants, Sportsmanship Card). All games terminated by an official will result in a 1-0 victory for the team that is innocent of the terminal offense(s). It is recommended that the game should count in league statistics as a full game, and all goals, assists, saves, and other team statistics should count toward team and league records.

(F) Coaches

Unsportsmanlike Conduct

NHFS / USL RULE 5 SECTION 10

Unsportsmanlike conduct by coaches and/or players will not be tolerated. Obscenities need not be used for language to draw a penalty. **Tone, intent, and body language can all contribute to unsportsmanlike conduct.** Players and coaches will exhibit the highest level of sportsmanship at all times. This means that in addition to the unsportsmanlike examples contained in NFHS Rule 5-10, any player or coach who uses derogatory or profane language on the field or bench, whether addressing a player, coach, or official may receive: first offense, 1 to 3-minute non-releasable unsportsmanlike conduct penalty.

- a. Coaches that are EGYL Reps must change into team attire when coaching.
- b. Head coach conduct unbecoming to the league will result in a (3) minute non-penalty (4.5) minutes served
- c. Second head coach offense will be suspended for the duration of the game and (1) full game to follow.
- d. Only head coaches will address the officials. Assistant coaches are not to direct any comments toward officials. If they do, they will get a warning. The Head Coach will be directed to get his coaching staff in order.
- e. Only the head coach can request a time out.
- f. Only four coaches are allowed in the coaching box during a game. A violation will be considered a bench conduct penalty against the head coach.
- g. A coach may not enter the field unless asked by a referee.
- h. An assistant coach may not enter their field except in the case of a medical emergency or medical assistance and will do so at the permission of the referee.
- i. Only four coaches are allowed on the sidelines during games. Sideline coach violation:
 - a. 1st will be a warning.
 - b. 2nd will involve a one game suspension for the head coach.
 - c. 3rd will involve suspension for the season of the head coach.

(F) Miscellaneous:

- a. There is no maximum limit to the number of captains that may participate in the toss-of-the-coin ceremony. Coin toss is used for alternate possession and field direction selection.
- b. NOCSAE helmet warning decals or stamps are recommended. It will be the responsibility of the association to adapt to their by-laws and enforce implementation.

RULE 11: SCHEDULE

(A) The official EGYL schedule will be prepared by the EGYL President.

(B) Special schedule requests must come from Association President/Directors.

RULE 12: HOME ASSOCIATION RESPONSIBILITY

RULE 13: OFFICIALS

- (A) All officials shall be certified by the EGYL and/or from the Georgia Lacrosse Officials Association (GLOA) or from a certified US Lacrosse Level 1(Junior) or Level 2 clinic. The official must pass the certification test.
- (B) All officials must participate in a referee certification clinic.
- (C) 1st/2nd games may be officiated with one high school official.
- (D) 3rd/4th games may be officiated with one high school official and/or one adult official.
- (E) 5th/6th games may be officiated by 1 high school official and 1 adult official.
- (F) 7th/8th grade games may be officiated by 1 adult official and 1 high school official, but every effort will be made to have 2 adult officials.
- (G) No game shall start without one adult referee on site.
- (H) The officials have the responsibility of controlling the entire game. Officials have the duty and right to call bench penalties in between games and at quarters and halves. This is applicable to players, coaches and spectators.
- (I) The officials will report all acts of misconduct and any flags that were thrown to the EGYL Representative before leaving the field on game day. All acts will be documented by EGYL officials at the score table.

RULE 14: PARTICIPATION

- (A) It will be the Head Coaches' duty that play time is administered fairly.
- (B) The opposing coach will be notified prior to the start of the game if a participant located on the bench is unable to play for any reason.

RULE 15: CONDUCT

The Code of Conduct of the East Georgia Youth Lacrosse is herewith specifically incorporated into these rules of conduct that applies to each association, coach, team mom, participant, or spectator. In addition to the precepts set forth in the Code of Conduct, the following may result in a fine to the member association or a suspension or expulsion of the coach, participant, spectator, team, or association involved.

The imposition of a fine against an association for coach or administrator conduct is not appealable. If the fine is not paid within fourteen (14) days of assessment, an additional Twenty-Five Dollars (\$25.00) per week will be assessed up to a total time of thirty (30) days. If the fine is still unpaid at the conclusion of thirty (30) days, the association is suspended from further EGYL play until the fine is paid and late fees will continue to accrue.

The following constitutes prohibitive conduct:

1. Conduct may result in the imposition of a fine against the association and/or suspension or expulsion of the association, coach, participant, official, or spectator from any EGYL sanctioned activity.
2. Any spectator who is asked by a EGYL Officer or a EGYL Representative to leave the confines of the arena and

- refuses to do so will subject the person so refusing to leave to suspension or expulsion from the EGYL and the association to a fine.
3. The use of any tobacco product within the confines of a playing field. A violation of this provision will result in a fine to the member association of \$100.00 per violation.
 4. Profanity will not be tolerated. The definition of profanity will be deemed language unbecoming to the ears of youth players.
 5. Two flags thrown on the bench during any one game for two or more acts of conduct of anyone on the bench will result in the removal of the head coach from that game and a \$150.00 fine.
 6. Any coach who is personally charged with two or more flags during a season may be suspended from participation in the EGYL for the remainder of the season for all practices and all games, and/or the association will be subject to possible suspension or fine as determined by the EGYL voting membership.
 7. Any participant who is ejected from a game **will be ineligible for the following game**. Any participant who is ejected from a game on two or more occasions during one season is subject to suspension or expulsion from the EGYL.
 8. Being under the influence of alcohol or any controlled substance, consumption of, or the possession of any alcohol or any controlled substance is specifically prohibited. This prohibition relates to any practice, any game, or any EGYL sponsored activity. Any individual in violation of this rule shall at a minimum be barred from the practice, game, or activity for that day. The second violation within any one season shall result in suspension or expulsion from the EGYL.
 9. Use of noisemakers, except cow bells, thunder sticks and shakers, are not allowed at EGYL games. (Shakers being described as empty plastic bottles, no larger than 20 ounces, filled with beans, rice, and/or glitter.) A violation may result in a fine to the association.
 10. A referee's flag thrown against the stands will be considered a flag against the bench. Such a flag will not be charged as a personal flag against any coach. Any conduct from a participant or coach that is deemed in contravention of the Code of Conduct of the East Georgia Youth Lacrosse may, in addition to the penalties outlined herein, result in the EGYL imposing a penalty of forfeiture of one or more of all games previously played. If a coach senses his team's spectators in any way dishonoring the game, it is their responsibility to have the official stop the game and speak to his or her spectators. Such action will not constitute but doing so to address his or her players shall be considered a time out against the violating coach. If no time outs are available and the coach uses this to address his team regarding game strategy, there will be a three-minute non-releasable penalty.
 11. All coaches are required to wear shirts, baseball-type caps, and/or jackets which clearly identify them as a member of the coaching staff. No one except the coaches and trainers should be on the bench during a game.
 12. All coaches, trainers, and those on the bench area during a game are expected to dress in an appropriate manner. A violation of these standards may result in a fine being assessed against the member association.
 13. Any coach or participant who is ejected by a game official for violation of the aforementioned rules of the EGYL or the EGYL Code of Conduct must leave the confines of the arena. Failure to do so will subject the person so refusing to leave to suspension or expulsion from the EGYL and the association to a fine.
 14. When a coach, participant, or spectator is asked to leave the confines of the arena, the EGYL Representative from the association involved must notify their association Director who will notify the EGYL Exec Board.
 15. Officials must file a report with the on duty EGYL Rep or Host Park Association Director for any coach, participant or parent who is flagged, ejected or who is a disciplinary problem.
 16. A properly identified EGYL Executive Board member has the authority to administer a conduct flag on a coach or a spectator of a particular program.
 17. Any parent, spectator, coach or participant that approaches and/or follows a game official within the confines of the playing area and parking lot, may be subject to penalty, including suspension of the offender and/or the association, a

fine to the member association, and/or expulsion of the offender and/or the member association.

18. Game officials have the authority to administer conduct flags before the game, at half time of a game and after a game. Flags issued after a game against a coach or team can and will be assessed in the next scheduled game.

RULE 16: INELIGIBLE PARTICIPANTS

- (A) A participant may participate or practice on only one team within the EGYL in any given season.
- (B) A participant who has not been properly certified (See Rule 8: Certification) is ineligible.
- (C) Any team found guilty of playing an ineligible participant will forfeit all games in which the participant participated.
- (D) A participant who is in the ninth (9th) grade is ineligible to play in 8th Grade Division.

RULE 17: CANCELING GAMES

- (A) The home park has the right to cancel a game for weather or unfit field conditions.
- (B) The EGYL Executive Board and a EGYL Representative from the hosting association involved can postpone any and all games if the majority determines the weather or field conditions make it unfit to play.
- (C) If a game completes the second quarter (or first half for girls) with a Mercy Rule in effect the game is considered complete and official if it needs to be halted for any reason. If either team is not in the Mercy Rule guidance the game will be considered official after six (6) minutes of the third quarter (six minutes of second half for girls) if it needs to be halted for any reason.
- (D) Only League Officials and Association Presidents can request a schedule change.
- (E) The EGYL President will coordinate the rescheduling of the postponed game(s) with the officials and the affected teams. Coaches or other EGYL Representatives may NOT reschedule games.
- (E) The rescheduled game(s) will be played at the new designated time(s) or the team(s) will forfeit.
- (F) "Cold play" will be the decision of individual parents of that particular player. If the league plans to play the teams will play without the held out player. Associations are encouraged to suggest cold weather attire for lacrosse players.

RULE 18: INJURED PARTICIPANTS

- (A) Any participant injured in a game will be taken out of the game when, in the judgment of medical personnel, League officials, and/or the referee, the participant's health or safety is in jeopardy. If any of the above does not think the participant should return for the remainder of the game, he/she will notify both head coaches and the Head Official of his decision. Any coach that returns a participant to the field after this notification will be suspended for the remainder of the year.
- (B) Any participant injured to the extent that the care of a physician is required must present a written statement from a physician to the EGYL Association Director who will deliver to the EGYL President before he/she can return to practice or play in a game.
- (C) A participant who appears to be seriously injured should not be removed from the field unless he does so under his own power or under qualified medical supervision. The game shall be delayed as long as necessary to ensure the safety of the injured participant.
- (D) If a participant is deemed concussed, that participant may not play again until he/she receives a medical release from a

qualified physician.

RULE 19: RUNNING UP THE SCORE

It is the responsibility of the coaching staff to manage the scoring by players so that scores are not so “one-sided”. This would be an opportunity for coaches to use professional judgment and model sportsmanship by substituting players, playing left handed, having multiple passes before shooting, etc. The intent is to avoid excessive scoring by any team.

RULE 20: FILMING OF GAMES

Associations may assign a photographer that will take still pictures from side lines. These photographers must be on file with EGYL. For non-registered photographers, filming of all games by member associations and/or teams will be allowed as long as the filming is done outside the confines of the playing field. NO cameras of any kind will be allowed on the sidelines or within the confines of the playing field. No filming of scrimmages and practices is allowed unless filming is by a direct participant.

No coach, parent, or spectator will be allowed on the player’s side of the field with a camera, walkie talkie, headset, etc.

No cell phones are allowed on the sidelines. No drones are allowed during games.

Any person found in violation of this rule may be asked to leave the confines of the event. Repeat offenders may be subject to ejection and/or expulsion or other action from the EGYL.

RULE 21: REPORTING OF SCORES

(A) It is the responsibility of EGYL officials to keep the official score, time, and track penalties at the score tables for each game. The EGYL Compliance officer will collect the sheets at the end of each game or game day and document, track seeding, and post prior to the next game.

RULE 22: FORFEITS

- (A) If a team is unable to play a game, the team or association shall notify the EGYL President or Vice President forty-eight (48) hours before game time. This will constitute a forfeit.
- (B) Teams must be at the game field fifteen (15) minutes before game time or be subject to a forfeit if team prevents the starting and ending of game within allotted time period.
- C. It will be at the discretion of the head coaches, with concurrence of a EGYL board member, that teams may play a modified game due to player count. Modified game play will not constitute a forfeit. If modified game play is not agreed upon the EGYL board will make a non appealable ruling.

RULE 23: LEAGUE PLAYOFFS AND CHAMPIONSHIP

1. Playoff teams will be decided by the best overall records. In case of a tie, the following tiebreakers will be used.

- a. Results of head-to-head competition***
- b. Record against common opponents****
- c. Coin flip**

2. The championship venue will be agreed upon by Associations and EGYL and will depend on availability.

.NOTE: All rules are subject to change.

