

2014 Youth Lacrosse Rules / Guidelines

The goal of the St. Paul Parks and Recreation Lacrosse Leagues are to teach fundamental skills, promote good sportsmanship and encourage participation.

1. Play will be 6 v 6 format. U7 will be a co-ed program. U9 will be separate boys and girls programs. Teams must keep 3 players back on each side as defense at all times. No goalie will be used. All participants are expected to play each half.
2. Equipment: Each player must wear goggles. A mouth guard is highly recommended. Each player must have a lacrosse stick. Sticks and goggles will be provided to those that do not have their own.
3. Season will be 6 weeks. Each week will consist of 30 minutes of instruction and two game-like situations for approximately 30 minutes each.
4. A game will consist of two 12 minute halves with a 5 minute half-time. All players must play in both halves. Teams will be allowed 2 - one minute timeouts per half.
5. Age Determining Date for Youth Lacrosse is August 31, 2014. (The players age on or before August 31, 2014 will determine the level of play)
6. The beginning of the game, 2nd half & after each goal will start with a face-off at the center.
7. Passes: Two passes must be attempted in offensive end before shooting.
 - Ball can hit ground and does not have to be completed.
 - Pass count resets when the other team gets ball.
8. Offsides - There must be at least 2 players in the offensive end and 3 players in the defensive end at all times.
9. Penalties - if there is a technical foul, the team that is fouled will get possession. On a personal foul, the player who committed the foul must be subbed out for a minute and will result in a fast break for the other team. There is No man down situations.
10. This will be a non-contact league. There is no body checking. Players are only permitted to apply equal pressure to push out the offensive player. The no body checking rule will be strictly enforced as needed to ensure that the smaller players are safe. For example, pushing a player into the side netting or in the back is a personal foul and will result in a fast break. Pushing a player to the ground is a personal foul and will result in a fast break.
11. Participants should bring a water bottle each week. They must have covered toe footwear, no medal spikes and wear loose/moveable clothing. Your rec. center may provide uniform tops.
12. There is no end-of-season tournament for these age levels.

