



Rules of Play

Intramural Divisions

Standard US Lacrosse Boys Youth rules apply, except as noted below.

- Four 10-minute quarters with a 10-minute halftime.
- Teams will be seven on seven.
- One completed pass must be made prior to becoming shot eligible.
- After each goal, a face-off will be held to determine possession*.
 - *A team trailing by five or more goals will be given possession at mid-field after a goal is scored.
- Possession will change on a sideline out of bounds.
- After a missed shot that goes past the goal and out of bounds to the end line, possession will be given to the team closest to the ball.
- Two hands on the stick are encouraged at all times.
- Body checking or continued contact is prohibited.
- Double-teaming is prohibited.
- Checking and dangerous play prohibited (see explanation below)

Dangerous Play

In order to allow youth players to master the basic skills of lacrosse we cannot have dangerous play that will cause them to refrain from engaging. Referees will award a fast break penalty when an illegal or dangerous play is committed. Dangerous plays include, but are not limited to; hitting from behind, cross checking, illegal stick checks and any play deemed dangerous by the referees. The rewarded team's midfielders will be given the ball at midfield, with the penalized team's midfielders set 10 yards back. **The rewarded team is automatically shot eligible.**