

2019 CGL Lacrosse Pocket/Tyker Rules

1. Duration of Play

- a. 20 minute halves, running time.
An official timeout can occur halfway through the half if both coaches agree to it for substitutions.
- b. 5 minute Halftime
- c. Time outs:
 - Each team may have one (1) time-out per half
 - Time-outs may be taken at any dead ball or after a goal
 - Time-outs last one (1) minute

2. Substitutions

- a. Substitutions may occur at any dead ball
- b. After a goal by either team or on the fly from center of field as long as each coach ensures that the other team can recognize who to mark up
- c. At any time the coaches mutually agree

3. Equipment

- a. Colored mouth guard (coaches – please make sure they are not attached to the goggles)
- b. Regulation goggles
- c. Girls lacrosse stick (Brine Warp Jr. ok for Pockets ONLY)
- d. All lacrosse balls used for play MUST meet NOCSAE standards and include the words "Meets NOCSAE Standard."

4. General Game Rules

- a. Play begins and stops with a whistle (w/e/o self-start: Tykers)
- b. Players must stand still when the whistle blows to stop play.
- c. DEFENSE: All defense is played player-to-player.
No zone defense is allowed.
Pockets - No slides, switching or double-team at this level.
Tykers -
 - May slide and play crease defense, but cannot double-team.
 - 5 Second rule over ENTIRE field for holding the ball while being closely guarded. (NOTE: Added in 2018)
- d. A draw will be held at the start of each half and after every goal. Coaches are encouraged to allow several players to gain experience performing the draw during a game.
NOTE: If a team is dominating, the winning coach is encouraged to allow the other team to start with the ball in lieu of the draw.
- e. Seven (7) field players and a goalkeeper (8 total on the field).

PASSING

- a. Team must attempt **three (3) consecutive passes (Pockets) and two (2) consecutive passes (Tykers)** anywhere on the field before shooting.
- b. The goalie pass counts as an attempted pass. The draw does not count as a pass.
- c. A pass attempt must be at least one stick length. **Dumping the ball is not a pass.**

- d. The restraining line will be the midfield line.

OFFSIDES

- a. 2 players must stay in the offensive end at all times and 3 players are required back on defense at all times (two field players and the goalie).
- b. If a team goes offside and it does not affect play, play may continue and the player must return to the proper side of the field.
- c. If a player goes offside and it affects the play, play will be stopped. The offside player is returned to the proper position and the non-fouling team gets the ball 4 meters inside the center line. The closest defensive player is positioned 4 meters behind.

COACHING

Tykers teams may each may have 1 coach on the field during play. Pockets teams may have 2 coaches on the field (one per end). **No coaches (or parents) are permitted behind or near the goal.** Bench coaches should stay in the immediate vicinity of the team bench.

INDIVIDUAL PLAY

- a. Players must have two hands on the stick at all times.
- b. No checking.
- c. Only one player from each team is allowed on a ground ball **(1v1 only, no double team)**.
- d. Raking or covering a ball is **not** permitted.

- e. Only the goalie is allowed in the goal circle.
- f. No dangerous propelling of the ball or follow-through with the stick.
- g. A **shooting space** violation occurs when a defender is not closely marking her opponent and is in the “free space to goal” of the attack player with the ball. “Free space to goal” is defined as the cone-shaped path extending from each side of the goal circle to the attack player with the ball. The attack player must have the opportunity and be looking to shoot.
- h. All free positions will be indirect, with the exception of a **shooting space** violation. An obstruction of free space violation will result in a *modified* direct free position for the offended player—the player is awarded a free position but may only take two steps prior to shooting.
- i. **NEW IN 2019 – Tykers will use self-start**
- j. One certified referee from CMOA will officiate whenever games are played with opposing organizations. Each team will pay ½ the referee fee. The officiating fee for certified referees will be \$22.50 per team. This amount will be billed to each league based on the schedule submitted to CMOA. No payments will be handled on the field. Each league will be billed for 8 games per team. It is the league’s responsibility to ensure that any games that are canceled due to weather are rescheduled.

5. Score Keeping

- a. No score will be kept for Pocket games
- b. An informal score can be kept for Tyker games- no scoreboards