

## SEPYLA RULES 2018 updated 2/26/18 PS

### Regular Season Rules of SEPYLA That Apply To All Divisions

- Prior to the game, Rosters should be exchanged by the coaches. The rosters should have the uniform number and player name. They can be exchanged by paper or electronically. Failure to do so will result in lost faceoffs until the roster is produced. If a club does not produce a roster during a game, the SEPYLA Competition Committee should be notified, and the game will be considered under-review and investigated by the CC.
- Teams have 2 Time Outs in each half.
- In the event of a tie game at the end of regulation, we play one 4 Minute sudden victory over time period. The game ends in a tie if no one scores in the one overtime period (Regular Season Only). Teams have 1 Time Out in overtime.
- The 6 goal mercy rule applies once a team is leading by 6 or more goals at all A and B levels, except A3 and B3 level. 4 goal mercy rule applies at all other levels. **THIS IS AN OPTION FOR THE TEAM THAT IS DOWN (6 or 4+) GOALS.** *There will be a face off to start each period, even if the mercy rule is in effect.*

\*\*\*SEPYLA will follow U.S. Lacrosse (“USL”) Rules and have “12 goal running clock” *at all levels*. If delta reaches 12 goals or greater, than a running clock goes into effect. Should the differential become 11 goals or less then we will resume a “stop clock”.\*\*\*

- All penalties are served in all Divisions. *All players* must serve their own penalties. With respect to fouls called on a Goalie - if 2 (two) Goalies are present for the fouling team, the Goalie *will* serve his foul: if only 1 (one) Goalie is present, your team’s “*in-home*” will serve for your Goalie. This will be followed for both technical *and* conduct fouls. EXCEPTION, If one goalie is present, and foul is 2 minutes or greater at discretion of referee, that goalie will be required to serve penalty and opposing team will have to “dress” another player as goalie during penalty. The player replacing the goalie must be properly equipped with regulation goalie equipment.
- All spectators must remain on the opposite side of the field of the players and coaches.
- The “Home” team shall supply responsible adults for both the game and penalty clocks. Coaches will not keep game or penalty time clocks.
- Players must stand in the bench area during the game (unless there is not sufficient sideline space for a bench area).
- Both teams must have a properly equipped goalie on the field at all times per USL Rule 1 Section 9, this includes elbow (arm) pads.
- SEPYLA will follow the USL language and penalties (USL Rule 5) on body checks at ALL levels.
- USL Rules – These rules will be followed for 2018 season, as well as USL adopted changes. The only exception to this is the use of a long pole at the C level as outlined below.
- Only balls approved by NOCSEA will be permitted to be used in SEPYLA games.
- **New for 2018:** (Experimental Rule adopted 2/26/18:) **Attack and Defensive In-Home Players** Teams will nominate a starting defensive player and starting attack player as in-home. Defensive in-home players are used if a goalie commits a foul and their teams do not have another properly equipped goalie to be a replacement. In this case, the goalie can remain in the game and the nominated in-home will serve the goalie’s penalty
- We will follow the USL Face-off rules in 2016 and beyond.
  - FACEOFFS: NO TAPE IS REQUIRED FOR THE FACEOFFPLAYERS STICK
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines.
- NO 1 handed stick checks are permitted in any SEPYLA games.
- **New for 2018:** A goal shall be counted as long as the ball has been released from the players stick prior to the expiration of a period. (adopted 2/26/18)
- **New for 2018:** Contact of any degree made to an opponent head while actively making a stick check is a slashing penalty. (adopted 2/26/18)
- **New for 2018:** Spectators in addition to players, coaches, and team personnel can cause a time-serving unsportsmanlike penalty. (adopted 2/26/18)
- **New for 2018:** The second and subsequent violations by a team when their defensive player enters the crease and assumes the position of a goalie shall result in a releasable unsportsmanlike penalty served by the offending player. 2017 US LACROSSE (adopted 2/26/18)

- **New for 2018:** When stalling rules are applied, they will remain in effect until a shot hits the goal pipe, goalie, or the goalie's equipment in addition to the existing rules for stopping a stall warning. (adopted 2/26/18)
- **New for 2018:** We are adopting NFHS rule on slow whistle (7-8) When there is a flag down during a slow whistle situation, the attacking team is no longer required to keep the ball in the goal area, otherwise known as " the attack box." A normal stalling situation can still be applied by officials if needed.

**A Level Rules (For the sake of cross reference these will be considered U14 Rules.)**

- 10 Minute Stop Time Quarters
- We will follow the USL Rules 4.11, 20 and 10 counts for clearing and getting in the box.
- Teams that are leading must keep the ball in the offensive box during the last 2 minutes of the game.
  - If a team is winning by 5 goals or more, they will not be required to keep it in during the last two minutes.
- Short Poles may be 40" to 42" and Long Poles may be 52" to 72".
- No 1 Handed Stick Checks are permitted
- No excessive body checks permitted.
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines.

**B Level Rules For the sake of cross reference these rules will be considered U12**

- 10 Minute Stop Time Quarters
- We will follow the USL Rules 4.11, 20 and 10 counts for clearing and getting in the box.
- Teams that are leading must keep the ball in the offensive box during the last 2 minutes of the game.
  - If a team is winning by 5 goals or more, they will not be required to keep it in during the last two minutes.
- Short Poles may be 40" to 42" and Long Poles may be 52" to 72".
- No 1 Handed Stick Checks are permitted
- No excessive body checks permitted.
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines.

**C Division Specific Rules (For the sake of cross reference these will be considered U10 Rules.)**

- 10 Minute Stop Time Quarters
- There is NO 20 second count for clearing and NO 10 second count for advancing the ball on offense.
- Teams that are leading do NOT have to keep the ball in the offensive box during the last 2 minutes of the game.
- **NO body checks are permitted in the C Division.**
- 5<sup>th</sup> graders (or any grade older) are never permitted to play in a C Division game.
- Horns for substitutions are allowed on all balls that go out of bounds on the side lines & end lines
- Short Poles may be 37" to 42" and Long Poles may be a maximum of 54"
- No 1 Handed Stick Checks are permitted

**Referee Fees: Please make sure that the referees are paid prior to the start of the game**

A1, A2 and A3: \$65 each for 2 referee/ \$90 for 1 referee (We should never have 1 referee in "A" games).  
 B1, B2, B2 and C: \$65 each for 2 referee/ \$90 for 1 referee

**Below are Rules that will be emphasized to promote safety in the game at ALL Levels.**

**Illegal Body-Check**

US Lacrosse calls special attention to USL Appendix 1 , ILLEGAL BODY-CHECK, ARTICLE 4, which addresses the concept of a **DEFENSELESS PLAYER:**

**ART. 4 . . .** A body-check that targets 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.

**PENALTY:** Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

US Lacrosse 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.*

### **Checks Involving the Head/Neck**

#### **RULE 5 SECTION 4**

US Lacrosse calls special attention to USL Appendix 1, CHECKS INVOLVING THE HEAD/NECK:

**ART. 1 ...** A player shall not initiate contact to an opponent's head or neck with a cross-check, or with any part of his body (head, elbow, shoulder, etc.). Any follow through that contacts the head or neck shall also be considered a violation of this rule.

**ART. 2 ...** A player shall not initiate an excessive, violent, or uncontrolled slash to the head/neck.

**ART. 3 ...** A player, including an offensive player in possession of the ball, shall not block an opponent with the head or initiate contact with the head (known as spearing).

**PENALTY:** Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

**TAKE-OUT CHECK/EXCESSIVE BODY-CHECK.** Take-Out Checks/Excessive Body-Checks are prohibited at every age level. A Take-Out Check/Excessive Body-Check is defined as:

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

b) Any body-check considered 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.

**PENALTY:** Two- or three-minute non-releasable foul, at the official's discretion. An excessively violent violation of this rule may result in an ejection.

### **One Handed Checks:**

USL Appendix 1, Slashing, Article 4: Any one-handed check shall be considered a slash, whether or not it makes contact with the opposing player. NOTE: If the defensive player's hand comes off his stick in his legitimate follow-through motion after, or during his recovery from, a controlled poke check, this need not be considered a slash solely because his hand came off the stick.

### **Goalie Equipment:**

US Lacrosse has required that all goalies wear a protective cup. SEPYLA will enforce this rule.

**Get It In / Keep It In / Stalling:** There is no stalling penalty, However, if a team is making no effort to move the ball into their offensive half of the field, by clearing the ball, and the 'riding team' is making every effort to actively play the ball, then at the discretion of the referee an unsportsmanlike penalty can be assessed resulting in a change of possession at the Officials discretion. The same holds true in the offensive zone if the offensive team is not making an effort to advance the ball to make a shot on net.

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