



## NWMLA Tyke Rules 2018

Combination of Options L and X from the CLA Rule & Situation Handbook For Box Lacrosse 2017-2018 (page 139-142)

The season will be split into two halves. The first portion will be played using Option X - 3 vs 3 half floor and the second played using Option L -5 vs 5 full floor with some modifications to both Option X and to Option L.

In both cases we will be using 2 minute timed shifts to ensure all players get equal playing time (with the exception of the goalkeeper) and a 3 pass rule will be in effect. Coaches will be instructing players from the sideline or players bench. A standard hard lacrosse ball will be used the entire season. Games will consist of 3 -15 minute periods with a 3 minute break between periods.

### 1st half of the season - 3 vs 3 - Half Floor

- Teams are split into two groups, the stronger groups play each other at one end while the developmental groups play each other at the other end.
- By splitting these groups, we are better able to ensure the development off all players and can foster an environment where all players have the opportunity to get on-ball touches in game situations.
- There will be opportunity for movement between the two groups as players develop over the period.
- By pairing equal skill levels with each other we are able to in equal parts, challenge the more advanced players while building up the skill level of the less developed group.

### 2nd half of the season - 5 vs 5 - Full Floor

- In order to help the transition to Novice for the second year players we will move to a more traditional style game.
- Having maximized in-game development with fewer players, a smaller space and more high value touches, players at all skill levels will be better able to participate in a 5 on 5 full floor setting.
- Teams will line match to the best of their abilities to keep competition levels even.
- Progressing to the larger floor will open up space and allow players to expand on the ball/ player movements they have learned.

## **OPTION X**

### **The Playing Surface**

- a) Games are to be played wide length in one of the attacking zones. The end boards and the closest restraining line are to be the boundaries. This allows two games to occur simultaneously.
- b) The neutral zone is where the players wait to enter the play.
- c) The crease is to be an arc that starts two feet on either side of the goal posts and extends as far back at the tail on the goal. The net tail must be 3 feet from the boards.
- d) Playing surfaces without floor markings can be used by using tape or chalk to mark the crease.

### **The Lacrosse Stick**

- a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length.

### **The Ball**

- a) The balls used in all matches shall be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

### **The Goals**

- a) Each goal shall consist of two upright poles, 91.44 cm (3') apart, joined by a rigid crossbar 91.44 cm (3') from the playing surface. All measurements are to be inside distances.

### **Player's Equipment**

- a) All players must wear at all times the following pieces of equipment: helmet, mask, elbow pads, mouth guards, gloves, and a jock or jill strap.
- b) The following pieces of equipment are optional: shoulder and arm pads, back/kidney pads, and knee pads.

### **The Teams**

- a) Each team shall be composed of three players, and up to six substitute players (i.e., a maximum of nine).
- b) There are no goalkeepers on the floor.
- c) One coach from each team may be on the floor to instruct players.
- d) No other people may be on the floor other than the players, referees, and the coaches listed on the game sheet.

### **The Game**

- a) Each session shall consist of two training sessions of 15 minutes in length and two games of 15 minutes in length.
- b) Each player plays a three minute shift.
- c) There is no thirty-second clock.

### **Appointment of Officials**

- a) The appropriate governing body or their delegate may appoint one or two Referees for the game.
- b) If there are no Referees appointed for the game, then the coaches on the floor also referee the game.

### **Score Sheet**

- a) A score sheet must be completed prior to each game.
- b) No score is kept or displayed on the scoreboard.

### **Contact**

- a) Defensive players may occupy a space to prevent an offensive player from entering. The defensive player may place their stick on an opponent, but they are not to push or check with the stick.
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.
- c) There is no body-checking.

d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

### **Fall Back Rule**

a) Since there are no goalkeepers, the fall back rule does not apply in Mini-Tyke Option X.

### **Face-Offs, Possession, and Awarding Possession**

- a) Play to start with a face-off at the start of a period.
- b) After a shift, play starts with the team that had possession at the end of the shift.
- c) After each goal and the end of a shift, the opposing team is to fall back to their own zone.

### **Penalties**

a) No penalties are to be assessed. Instead play is stopped and the offending player has the infraction explained to him by either the Referee or their own coach. If the offending player's team had possession of the ball, it is awarded to the opposing team. In more serious cases, the coach may replace the offending player with another player.

## **OPTION L**

### **The Lacrosse Stick**

a) The player's stick shall measure not more than 101.6 cm (40"), nor less than 66.04 cm (26") in overall length.

### **The Ball**

a) The balls used in all matches may be soft lacrosse balls that conform to CLA standards and be approved by the CLA.

### **The Goals**

a) Each goal shall consist of two upright poles, 91.44 cm (3') apart, joined by a rigid crossbar 91.44 cm (3') from the playing surface. All measurements are to be inside distances.

### **Player's Equipment**

- a) All players must wear at all times the following equipment: helmet, mask, elbow pads, mouth guards, gloves, a jock or jill strap, shoulder and arm pads, and back/kidney pads.
- b) The following pieces of equipment are optional: knee pads.

### **The Game**

a) The duration of a game shall be three fifteen-minute straight time periods, with intermission of three minutes between periods. Each period shall start with a face-off. **Score Sheet**

- a) A score sheet must be completed prior to each game.
- b) All goals, assists, and penalties are recorded and the score is displayed on the scoreboard.
- c) A differential of more than five goals is not displayed.

### **Contact**

- a) Defensive players may place their stick on the ball-carrier and push them away.
- b) Any offensive player (including the ball-carrier) who deliberately charged directly at a defensive player may be assessed a charging penalty.
- c) There is to be no body-checking.
- d) A defensive player may check an offensive player by placing their stick head on an opposing player's stick head.

### **Fall Back Rule**

- a) Local lacrosse associations may incorporate the fall back rule.
- b) The fall back rule applies when possession is gained by the goalkeeper. All defensive players must enter the neutral zone. Once all the defensive players are in the neutral zone, they are free to go wherever they want. The goalkeeper must pass the ball to one of the offensive players who must be outside of the dotted line.