



2017 HANDBOOK AND RULES

(Revised February 2017)

LEAGUE WEBSITE

www.SMYLA.net

MEMBERSHIP

Voting membership for the 2017 season shall consist of the following organizations:

Bowie Lacrosse Club
Charles County Lacrosse Club
Huntingtown Youth Club
Mechanicsville Youth Lacrosse Club
Prince Frederick Eagles
Prince Georges Lacrosse Club (PG Pride)
Silver Spring Lacrosse
Solomons Steelers
St Marys Lacrosse

Non-voting members for 2017 are Beach Buccaneers and Sandy Spring. The SMYLA league offers two conferences:

- Chesapeake Conference – the highest level of play
- Potomac Conference – level of play intended for new and less experienced players

For the 2017 season, SMYLA will offer the following divisions:

- ***U15 Division (One Division)***
 - Players must be born on or after 9/1/2001
 - All U15 teams will play in one division during the regular season.
 - For the SMYLA Tournament, teams will be divided into Chesapeake and Potomac Divisions based on standings. Teams in the upper half of the standings will play for the Chesapeake Championship. Teams in the lower half of the standings will play for the Potomac Championship.
- ***U13 Division (One Division)***
 - Players must be born on or after 9/1/2003
 - All U13 teams will play in one division during the regular season.
 - For the SMYLA Tournament, teams will be divided into Chesapeake and

Potomac Divisions based on standings. Teams in the upper half of the standings will play for the Chesapeake Championship. Teams in the lower half of the standings will play for the Potomac Championship.

- ***U11 Chesapeake Division*** – For Returning / Experienced Players.
 - Players must be born on or after 9/1/2005
 - Full field. 10 v 10. Regulation goal.
 - Maintain standings. Use standings for seeding in the SMYLA Tournament.

- ***U11 Potomac Division*** – For New / Inexperienced Players.
 - Players must be born on or after 9/1/2005
 - Shortened field. 8 v 8. Regulation goal.
 - Maintain standings. Use standings for seeding in the SMYLA Tournament.

- ***U9 Division (One Division)***
 - Players must be born on or after 9/1/2007
 - All U9 teams will play in one division during the regular season.
 - Shortened field. 7 v 7. 4' goal
 - Keep score. Report scores and maintain standings, but no seeded end-of-year championship.
 - Teams will play in a round robin format event in the SMYLA Tournament.
 - No champion declared.

- ***U7 Scooper Division (One Division, but geographic scheduling North / South)***
 - Players must be born on or after 9/1/2009
 - All U7 teams will play in one division during the regular season
 - Shortened field. 6 v 6. 4' goal
 - Keep score. Report scores but no standings and no seeded end-of-year championship.
 - Teams will play in a round robin format event in the SMYLA Tournament.
 - No champion declared.

Organizations may select the appropriate age group and conference for each of their teams.

U15, U13 and U11 age groups maintain league standings and participate in the seeded end-of-year SMYLA Tournament to determine a league championship.

The U9 and U7 Divisions keep score, but do not compete for a league championship. Instead U9 and U7 teams are invited to participate in a round robin end-of-year event at the SMYLA Tournament.

LEAGUE OFFICERS

Officers for the 2017 season are as follows:

President – Fred Lynch (Huntingtown)

Vice President / Tournament T-Shirt Coordinator – Justin Ross (PG)
Secretary / Treasurer / Statistician – Erna Casalino

RULES AND DISCIPLINE COMMITTEE

The Rules and Discipline Committee is charged with maintaining the integrity of the league, mediating disputes, and imposing sanctions. The Rules and Discipline Committee for the 2017 season:

Chairman – Kris Bayer (Charles Co)
Dave Draley (Silver Spring)
Fred Lusk (Mechanicsville)
Alternate: Fred Lynch (Huntingtown)

The League Representative shall register any protests by telephone or email to the League President within 48 hours of the incident for submission to the Rules and Discipline Committee. A detailed, written protest must be submitted within three days of the incident. The Rules and Discipline Committee will rule on protests and report to all League Representatives.

Inappropriate conduct and ejections shall be reported immediately to the League President who shall notify the Rules and Discipline Committee for immediate review and action.

THE SEASON

The 2017 season shall run from October 2016 until October 2017.

- League games begin on Saturday, March 25 and are scheduled on each Saturday through May 6.
- No games are scheduled on Easter weekend (April 15 and 16).
- The weekend of May 13 and 14 is held for any rainout and/or makeup games not previously rescheduled during the season.
- SMYLA All-Star Games are scheduled for Saturday, May 13 (Rain date is May 14)
- The SMYLA Tournament will be played on May 20 and 21 in Bowie. Chesapeake Division and U7 games will be scheduled on Saturday, May 20. Potomac Division U9 games will be scheduled on Sunday, May 21.

Outside conference games are encouraged, but scores are not reported and results do not count in league standings.

The SMYLA Scheduling Coordinator, Ryan Derr, will create a league schedule of eight official league games for all teams.

- 2017 SMYLA Scheduling Coordinator – Ryan Derr (derr315@gmail.com)
- Organizations must submit field availability to the Scheduling Coordinator no later than February 18.
- Preliminary team commitments are due by February 18.

- Final team commitments are due March 1. No teams will be added after that date.

TEAMS, AGE GUIDELINES, AND ROSTERS

Team Requirements

To qualify as voting members in SMYLA, organizations must field teams in three of the following four age groups: U15, U13, U11, and U9. Organizations are encouraged to field teams at the U7 level.

Age Guidelines

Players must meet the following age guidelines to be eligible to play in the SMYLA league.

Age Requirements for 2017

U15**	14 yrs old or younger on 8/31/2016	Born on or after 9/1/01
<i>**A ninth grader meeting the age eligibility is not eligible for play at the U15 level if he is on a varsity lacrosse team, a junior varsity lacrosse team, or any other comparable team, including a freshmen or club level team.</i>		
U13	12 yrs old or younger on 8/31/2016	Born on or after 9/1/03
U11	10 yrs old or younger on 8/31/2016	Born on or after 9/1/05
U9	8 yrs old or younger on 8/31/2016	Born on or after 9/1/07
U7	6 yrs old or younger on 8/31/2016	Born on or after 9/1/09

Roster Requirements

- Saturday, March 4 - Preliminary rosters are due to the League Secretary.
- Saturday, March 18 - Final rosters are due to the League Secretary (with copies being sent to all League Commissioners).
- Any team that has not submitted rosters by the due date is ineligible for play on opening day Saturday, March 25.
- Any player not listed on a team's Final Roster submitted to the league is not eligible for play on opening day or other games during the season.
- Players must be included on the roster of every age group's roster on which they play. For example, if a U11 player is also playing up on an organization's U13 team, the player must be listed on both the U11 and the U13 rosters.

Any program experiencing extraordinary hardship, such as inability to field a team, may apply to the Rules and Discipline Committee for an extension of the March 18 roster deadline to add a player. The petitioning team must supply full explanation of why they feel they

should be granted permission to add a player after March 18. In no event may a player be added after games begin on March 25. This rule applies to the hardship of the team, NOT the hardship of an individual player.

Players may play with only one SMYLA organization - no dual rosters between two organizations.

Players may play in only one conference within SMYLA. Players may not crossover between the Chesapeake and Potomac Conferences.

If age eligible, a player may “play up” to a higher age group within the same conference as long as the player is listed on the official rosters for both teams.

Team rosters must be submitted in Excel format using the official league template in and must include player’s name, date of birth, conference / team level (i.e. U15, U13, U11 Chesapeake, U11 Potomac, U9, U7) and uniform number as soon as uniform information is available. When submitting rosters, League Commissioners are certifying that they the roster information is correct, that they have verified age information, and that each player listed on the roster meets the age eligibility requirements outlined by the League.

Coaches should carry a copy of their league-approved roster with them to all SMYLA league games. Prior to the start of each league game, coaches should exchange current team rosters. Players not listed on the exchanged roster and on the official roster that was submitted to the league prior to roster deadlines may not participate in the game. Failure to present a current roster or fielding a player not included on the roster will result in the game official declaring the game a forfeit.

LEAGUE FEES

League fees for the 2017 season will include league dues, league scheduler stipend, referee fees, SMYLA Tournament fees, and All-Star Game fees. Additional teams entered into the league beyond an organization’s initial three teams will be assessed the SMYLA per team add-on fee. League fees are due on March 15.

GAME REPORTING AND LEAGUE STANDINGS

Game scores must be confirmed with opponent at the end of each game for consistency and reported in the Score Reporting module on the SMYLA Website as soon as possible and no later than Sunday evening following Saturday games. The earlier scores are reported, the earlier results and standings can be updated and posted on the SMYLA website. Please report any reporting problems to League Statistician Erna Casalino at erna.casalino@comcast.net.

All teams will be scheduled to play eight official league games. Points shall be awarded for league games as follows: two points for a win / one point for a tie / zero points for a loss.

The League Statistician will maintain game results and league standings on the SMYLA website. The last day to report scores for inclusion in the seeding for the SMYLA Tournament is **Monday, May 15**. Any scores not reported by that date will not be included in the calculations for tournament seeding.

May 13 and 14 have been set aside for any makeup games not played prior to that time. If for any reason a cancelled game is not played by Sunday, May 14, both teams will receive zero points for that game as if both teams lost the game.

In the event one team or both teams feel they have made or are making reasonable attempts to reschedule and all attempts have been unsuccessful, either team may apply to the Rules and Discipline Committee for assistance. The Rules and Discipline Committee has authority to set a new game date, to require a double header at a future scheduled game, to declare either team or both teams to have forfeited the game, or to take other appropriate action it deems necessary.

RULES AND EXCEPTIONS

The rules of the National Federation of State High Schools Associations, the SMYLA By-Laws, and the SMYLA Handbook prevail over the play of SMYLA league games. Both teams should supply a copy of the 2017 SMYLA Rules to officials before each game. The following additions and/or exceptions to NFHS rules will be enforced:

Game Duration

1. Game duration:
 - U15 – Four quarters of 10-minute stop time
 - U13 – Four quarters of 10-minute stop time.
 - U11 – Four quarters of 8-minute stop time (both Chesapeake and Potomac)
 - U9 – Four quarters of 10-minute running time, with stoppage of play every 5 minutes to allow for substitution.
 - U7 – Four quarters of 10-minute running time, with stoppage of play every 5 minutes to allow for substitution.
2. There shall be two minutes between quarters and five minutes between halves

In the case of tie, one five-minute, sudden-victory overtime will be played. If the tie is not broken at that time, a second five-minute sudden-victory overtime will be played. If the tie is not broken after two overtime periods, the game will end and be recorded as a tie, with each team being awarded one point. No official or coaches have the authority to adjust the SMYLA league tiebreaker guidelines (i.e. no Braveheart or adjusted game times, etc.)

Officials

Two officials shall officiate U15, U13 and U11 Chesapeake games.

One official shall officiate U11 Potomac, U9 and U7 games.

Play of Game

1. Sportsmanship and player development are priorities to the SMYLA organization.
2. All SMYLA games should begin with a player lineup at the midfield line and end with team handshakes. If games are running behind and an official is reluctant to take the time for the pregame player lineup, coaches are responsible to share our SMYLA Rules and emphasize the importance of the lineup to our league mission.
3. One-handed stick checks are illegal and will be called a personal foul at all levels.
4. The rules allowing twenty seconds to clear the ball over the midfield line and ten seconds to enter the offensive box shall be enforced at the U15, U13, U11 Chesapeake levels. This includes enforcement of the “over and back rule” intended to keep the ball in play in the offensive half of the field once possession has been established.
5. The twelve-goal mercy rule and running clock outlined in the NFHS Rules shall be replaced with the SMYLA rule that says when one team leads the other team by five or more goals during a game, including the start of a quarter - but not during a penalty infraction against the trailing team - the team with the least amount of goals shall be awarded possession of the ball at the midfield line in lieu of a face-off.
6. Stop time continues throughout the game at the U15, U13, U11 levels. No official is authorized to change a game to running time or to “speed up the clock” because of a lopsided score.
7. For safety reasons, no player may jump in the crease to block a shot unless he is designated as the team goalie and is wearing goalie equipment.

Conduct Violations

The Rules and Discipline Committee is charged with maintaining the integrity of the league. Although the SMYLA League Rules suggested sanctions for violations, the Rules and Discipline Committee may impose additional sanctions if they feel a rule violation or inappropriate action warrants.

1. Should a player be ejected from a game, both teams are responsible for immediately notifying the League President who will report the incident to the Rules and Discipline Committee. The ejected player shall be suspended from participation in at least the next league game (including tournament play) at the level of play that the violation occurred and any and all other games and levels of play at which he is participating until the Rules and Discipline Committee makes a decision and the player has served his violation at the level at which the ejection occurred. The Rules and Discipline

Committee has authority to increase the suspension time based on the circumstances of the ejection.

[Example: Player1 is rostered and plays on his organization's U15 and U13 teams throughout the season. Player1 plays on Saturday in a 1pm U15 game and a 230pm U13 game. Player1 is ejected during the 230pm U13 game on Saturday. The following Saturday, there is a U15 game at 10am and a U13 game at 230pm. Player1's suspension requires that he sit out for at least one U13 game (that would be the 230pm U13 game.) Therefore, Player1 must ALSO sit out from the 10am U15 game since that game is scheduled prior to the U13 game and he has not yet fulfilled his suspension requirement at the U13 level)

2. Coaches are held to the highest possible standard and are expected to lead by example and act as role models to players. Therefore, should a team's coach (head coach OR assistant coach OR other adult serving as one of the four allowed sideline adults) be ejected during a game, the game shall immediately be stopped and that team shall forfeit the game at that point.
3. It is the responsibility of each coach to ensure that his team acts in a sportsmanlike manner. Fighting is totally unacceptable and will not be tolerated. The following MINIMUM suspensions for fighting will be enforced:
 - ***First Offense*** – Mandatory two-game suspension from play. Rules and Discipline has the authority to suspend player for a longer period of time if they feel the facts warrant - including the balance of the season and the year-end tournament.
 - ***Second Offense*** – Mandatory four-game suspension from play. Rules and Discipline has the authority to suspend player for a longer period of time if they feel the facts warrant - including the balance of the season and year-end tournament.
4. Game suspensions are for league games and will carry over into tournament play and can carry over to the following season. Suspensions shall be imposed and enforced at the level the violation occurred and any other levels of play at which the player/coach is participating simultaneously until the violation has been served in full at the level at which the ejection occurred. Both team coaches are responsible for notifying the League President immediately in the event of an ejection for fighting.
5. Any player ejected for leaving the bench area during an altercation shall be suspended for the season from participation in any SMYLA league activities at ALL levels.
6. Should the entire team leave its bench area during an altercation, that team shall immediately forfeit the game. Should both teams leave the bench area during an altercation, both teams shall forfeit the game and no points will be awarded to either team.

Player Equipment

All safety standards outlined in the NFHS rules shall be enforced, except the rules requiring mandatory uniformity in helmet color and uniform rules.

1. The NFHS Rules regarding stick length, gloves, and shoulder pads shall be enforced at the U15, U13, U11 Chesapeake levels.
2. SMYLA does not enforce the NFHS Rule prohibiting shooting strings below 4" from the top of stick (i.e. "V's" and channels) and the rule requiring faceoff sticks to have 6" of contrast color tape from the top of the shaft. Although we do not enforce these rules, SMYLA does encourage players to adopt these standards in preparation for high school play and activities outside SMYLA.
3. SMYLA has adopted adjusted stick requirements for their U9 and U7 age groups that are outlined in their specific rules.
4. The home team shall be responsible for ensuring that there is no conflict in jersey colors. If there is a conflict, it is the responsibility of the home team to make a change in jerseys to avoid conflict (i.e. pinnies, reversibles). Because some games are played at neutral sites, identifying the home team may seem confusing. The SMYLA schedule specifies a home team and an away team and should be referenced to clarify any confusion.

Field Preparation and Guidelines

1. The home team shall ensure that the field is properly lined and prepared for play. Fields should be ready for play 30 minutes prior to game time when possible. It is recommended that home teams assign a "Field Manager" on game days who will be communicate with the league and officials in the event of any cancellations, will be responsible for field set up and supplies, and will act as a point of contact for teams and officials on game day.

Failure to have a field prepared 30 minutes in advance may result in a **three-minute non-releasable penalty** at the start of the game. This rule is not to be interpreted to imply that a field is necessarily going to be "available" for play 30 minutes prior to game time. When multiple games are scheduled, this may not be possible. However, this rule should be interpreted to imply that a field should be ready (i.e. goals strung and in place, field lined, etc.) for play 30 minutes prior to the first game of the day.

2. The field limit lines shall be strictly enforced on the team side of the field, especially surrounding the scorer's table area and the team area. Coaches shall instruct players to line up and remain outside of the substitution box/table area and behind the coaches' area.
3. No more than four (4) coaches shall be allowed in the coaches and team areas during

the play of game. “Coaches” are defined as any personnel in the team bench area, including team parent, photographer, water boy, or whatever title is used. Absolutely no more than four non-players on the player sidelines during games.

4. During the play of game, spectators and photographers are required to remain on the side of the field opposite the players and scoring table. SMYLA encourages commissioners to educate their parents and fans of the SMYLA rules in advance to avoid uncomfortable situations on game day.
5. BOTH teams must supply a scorer and score book on game day and should compare scores at the end of games to ensure agreement on scores. The team designated as the home team on the SMYLA schedule is responsible for supplying a scoring table, the official scorer, game clock, penalty clock, a horn, and substitution box cones. Since home games may be played at neutral sites, it is important that teams be aware of which team is designated as the home team on the schedule.
6. To avoid clutter in the player substitution area, it is recommended that each team have a maximum of two people in the table area. Game table should be set back from the sideline to allow safe and ample substitution area for players. Table personnel should remain behind the scoring table and should not interfere with the free flow of substitution. Coaches are not allowed in the substitution area.

2017 Adjusted Rules for SMYLA’s U11 Potomac, U9 and U7 Age Groups

To promote player development and increased touches for our players, SMYLA has adopted short field play at the U11 Potomac, U9 and U7 age groups. These levels are intended to be instructional and inclusive, therefore SMYLA has adopted a modified set of rules for each of these levels of play. While the SMYLA Handbook and By-Laws govern all levels of play, the following modifications should be noted:

The U11 Potomac Division

- 8 on 8 format (2 attack / 3 midfield / 2 defense / 1 goalie)
- Shortened field – goals are moved to restraining lines and end lines are moved to goalie crease line extended and marked with cones on fields that cannot be lined to this size. Creases must be visible whether painted or using portable creases and should be regulation size.
- Regulation 6’ goals
- 8-minute stop time quarters
- 1 official
- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Players use regulation sticks and stick lengths (40-42” for offensive players / defensive players may use 52-72” long poles)

- Games begin with team lineup at center of field and end with the team handshake.
- Faceoffs after goals and to begin quarters unless one team is leading the other by 5 goals or more. Then the ball is awarded to the trailing team. IN A PENALTY SITUATION, the 5-goal rule does not apply and the ball is awarded as if there was no 5-goal rule.
- Offsides and time serving penalties are called.
- No one-handed stick checks. One-handed checks are personal fouls.
- No pass required
- Waive rule requiring 20 seconds to clear over midfield and 10 seconds to enter offensive box.
- Defensive players can run through the crease but cannot jump in the crease with the intent to block a shot.
- Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)
- Standings are maintained by the league and used for end-of-year tournament seeding.
- U11 Potomac teams play for a League Championship.

The U9 Age Group

- 7 on 7 format (2 attack / 2 midfield / 2 defense / 1 goalie)
- Coaches are encouraged to rotate players at all positions and offer equal time for all players.
- Shortened field – goals are moved to restraining lines and end lines are moved to goalie crease line extended and marked with cones on fields that cannot be lined to this size. Creases must be visible whether painted or using portable creases and should be regulation size.
- Smaller 4' goals
- Four 10-minute running time quarters with stoppage every 5 minutes for substitutions. Coaches may also substitute on the fly or during other stops in the game.
- 1 timeout per team, per half
- 1 official
- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Regulation lacrosse sticks (no fiddle or trick sticks).
- Stick length – Minimum 36" / Maximum 44"
- Games begin with team lineup at center of field and end with the team handshake.
- Faceoffs begin quarters and goalie clears after goals unless there is a 5-goal differential at which time the ball is awarded to trailing team
- All basic lacrosse rules apply, including offsides.
- No one-handed stick checks. No bodychecking. Player should not raise stick above shoulders to check.
- No time-serving penalties. Teams play at equal strength throughout the game, but remove from the field a player with repeated or egregious fouls for instruction by

- coach. Substitute with another player to maintain equal strength.
- One pass attempt required on offensive side of the field before shooting on goal. A pass “across” the midfield line does not count. If games become lopsided, coach of dominating team should adjust to two pass attempts on offensive side and/or encourage off-hand use.
 - Waive rule requiring 20 seconds to clear over midfield and 10 seconds to enter offensive box.
 - Defensive players can run through the crease but cannot jump in the crease with the intent to block a shot.
 - Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)
 - Standings are maintained by the league but there is no seeded tournament at the end of the season. Instead, U9 teams will play in a round robin event. No champion is declared.
 - NO coaches are allowed on the field. Coaches should instruct from sidelines. (NEW for 2017).

U7 Scooper Guidelines

- 6 on 6 format (2 attack, 2 middies, 2 defenders). No goalie.
- Coaches are encouraged to rotate players at all positions and offer equal time for all players.
- Shortened field – goals are moved to restraining lines and end lines are moved to goalie crease line extended and marked with cones on fields that cannot be lined to this size.
- Creases must be visible whether painted or using portable creases and should be regulation size.
- Smaller 4’ goals
- Four 10-minute running time quarters with stoppage every 5 minutes for substitutions. Coaches may also substitute on the fly or during other stops in the game.
- 1 timeout per team, per half
- 1 official
- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece.
- Regulation lacrosse sticks (no fiddle or trick sticks).
- Stick length – Minimum 34” / Maximum 40”
- Games begin with team lineup at center of field and end with the team handshake.
- All basic lacrosse rules apply, including offsides.
- No one-handed stick checks. No bodychecking. Player should not raise stick above shoulders to check.
- No time-serving penalties. Teams play at equal strength throughout the game, but remove from the field a player with repeated or egregious fouls for instruction by coach. Substitute with another player to maintain equal strength.

- Faceoffs begin quarters and goalie clears after goals unless there is a 5-goal differential at which time the ball is awarded to trailing team
- One pass attempt required on offensive side of the field before shooting on goal. A pass “across” the midfield line does not count. If games become lopsided, coach of dominating team should adjust to two pass attempts on offensive side and/or encourage off-hand use.
- Waive rule requiring 20 seconds to clear over midfield and 10 seconds to enter offensive box.
- Crease rule is strictly enforced. A defensive player may not step on crease line or jump in the goal or crease area to stop shots or act as goalie. (This is a safety issue)
- One coach per team allowed on the field but coach **MUST** stay as close to the sideline as possible, away from the play of the ball and crease area, and may not interfere with the play of the ball.
- Both teams keep and report scores. Both teams should keep a scorebook and provide table staff (see SMYLA Handbook for specifics)
- Although scores are reported, there are no standings at the U7 level and no seeded tournament at the end of the season. Instead, U7 teams will play in a round robin event. No champion is declared.

SCHEDULING OFFICIALS, GAME CHANGES OR CANCELLATIONS

The SMYLA Scheduling Coordinator Ryan Derr will submit the full league schedule to the officials for assigning. For each game scheduled, a home team is designated. The home team is responsible for notifying the SMYLA Scheduling Coordinator (derr315@gmail.com) and the referees association (WALOA) of any change or cancellation of games.

<p>Bob Manfuso Assigner for North Washington Area Lacrosse Officials Association (WALOA) Home: 301.767.3127 Cell: 301.442.7400 Email: bobmanfuso@comcast.net</p>	<p>Jim Camilliere Assigner for South Washington Area Lacrosse Officials Association (WALOA) Cell: 410-231-5258 Email: jim.camilliere@waloa.org</p>
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