

2009 SKYLL Parent/Player Handbook



Program Philosophy

The Salem Keizer Youth Lacrosse League (SKYLL) is a developmental sports program designed to prepare players for the competitive level played in high school. As each age-group advances, the skills taught will advance to better prepare the players for high school play. As a developmental program, score will not be officially kept by players, coaches or opponents and all players will have equal playing time, as long as conduct and effort in practice merit equal playing time. Opportunities for competitive play will arise throughout the season in tournaments or other specified games. When a game will be played competitively, parents and players will be notified that the particular game/tournament will be competitively played, score will be kept and playing time may not be equal amongst players.

Equipment

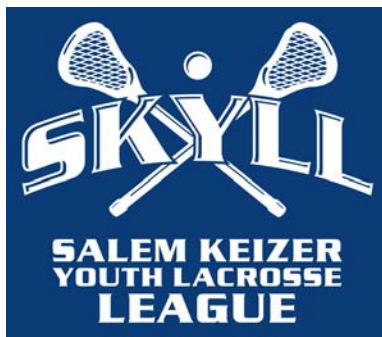
Full equipment is required for every game day and practice day, no exceptions! Players arriving to practice without complete equipment will watch from the sidelines. All equipment should be clearly **marked with last name and carried to and from practice in a bag**. Required equipment to participate includes:

- Helmet with strap
- Mouthguard
- Gloves
- Shoulder/Chest pads
- Elbow pads
- Boy's Stick
- Protective Cup
- Reversible jersey
- Cleats (soccer or football style; molded cleats only!)
- Water Bottle

Note: Be sure to clean equipment thoroughly after a muddy practice or game. Dirt and grime dramatically cut down on the lifespan of your equipment. Allow wet equipment to thoroughly dry!

Weather Cancellations

Practice and games are played rain or shine. Either is cancelled only in the event of lightning. Lacrosse sticks make great lightning rods! If lightning is in the forecast, be sure to check your email prior to your practice/game.



2009 Policies and Guidelines

Wall ball Policy:

Participants in SKYLL will not play wall ball against any wall on school property when Extended Care is open or when other players are gathered in an area and could be hit by a ball. Wall ball is permitted against a brick wall only, not against doors, windows or roofs. Never play wall ball in an area where other children or adults could be injured.

Participation Policy:

All students are required to be in attendance a full day of school before participating in any practice or game. Exceptions for pre-arranged absences and family emergencies can be granted.

Equipment Policy:

Students are responsible for all equipment that was checked out to them. All lost equipment must be turned in or paid for before participating in the next sports season.

Drug, Alcohol & Tobacco Policy:

All participants must be drug, alcohol and tobacco free during the season.

Suspension Policy:

Any act by an athlete that causes suspension from school will cause suspension from the lacrosse program, including acts of vandalism, unexcused absences or tardiness and disciplinary action by school administration or police.

Sportsmanship Policy:

This is a developmental program and we insist upon appropriate, supportive and positive behavior from players and parents at all times. Players and Parents must have respect for the SKYLL Game Day Polices, no exceptions:

Coaches - be a coachable player; listen and learn!

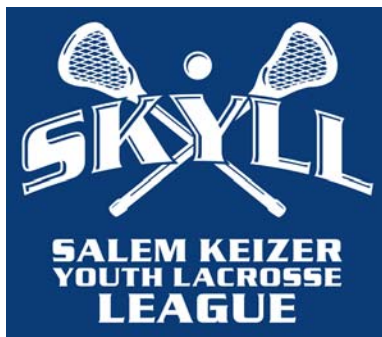
Coaches - It is mandatory that coaches and assistant coaches address the polices of the SKYLL Game Day rules before the first game.

Opponents - no trash talking your opponents!

Referees – only the coach speaks to the referees; players should always thank the ref prior to leaving the field.

Teammates – support your teammates; never criticize them!

The process for addressing any complaints should go first to the player's coach, then to the SKYLL Board for review.



2009 SKYLL Lacrosse Rules 4th – 8th Grade Boys

Game Objective: The objective of the game is to move the ball using the crosse (stick) to score a goal. Kicking the ball is permitted. The ball may be kicked into the goal.

Field: Fields will be 110 x 60 where possible but no less than 80 yds in length by 50 yds wide. Markings will include sidelines, backlines, goal creases, center line with midfield wing restraining lines and attack and defense restraining lines parallel with the center line and 20yds from the center line.

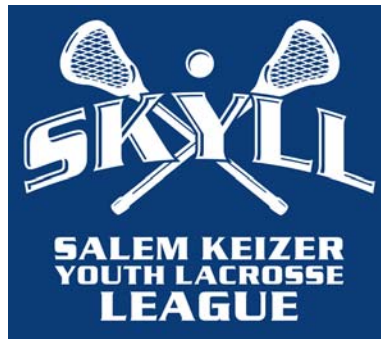
Positions: Each team will start with 10 players on the field: Three attack, three midfielders, three defenders and one goalie. Coaches may also agree to play 8 vs. 8 players, in which case, each team will start with 8 players on the field: two attack, three mid-fielders, two defenders, and one goalie. This may be adjusted depending on the team size for the 4-6 grade boys.

Game Duration, Time Outs: Games will be comprised of two 15 minute, running time halves. Halftime will be 5 minutes long. Referees will request the home coach to assign someone to manage the game clock and the penalty clock. Each team is allowed two time outs per half (one minute in duration). The clock will be stopped during time outs. This may be adjusted to; two 12 minute, running time halves for the 4-6 grade boys.

Referees: There will be two referees officiating a game.

Defense Long Sticks – Defense long sticks will NOT be allowed. This is to ensure that new players learn how to handle a short stick before attempting to handle a long stick.

Scoring: Official scoring will not be kept, however unofficial coring shall be kept by the referee or his designees for the purpose of implementing a "6 goal no faceoff" rule. In the event of a spread greater than 6 goals, following a goal, the scored-upon team will receive possession of the ball to commence play at the midfield line.



Rules

Required Equipment: All players must wear NOCSAE certified helmet, gloves, shoulder pads, arm pads, protective cup, and a mouth guard. Goalies must be properly attired with chest pad and throat guard; shin pads and/or goalies pants are optional. Players may not participate in the game without being properly equipped. Should a piece of protective equipment become dislodged during the course of play, play will be stopped so the player can recover the missing equipment. No long sticks are permitted. Maximum stick length is 42, with a minimum of 40 inches allowed for a goalie stick. The referee will issue a warning to the coach if a player enters the field of play without proper equipment. A one-minute, non-releasable personal foul will result the second time a player enters field of play without the proper equipment.

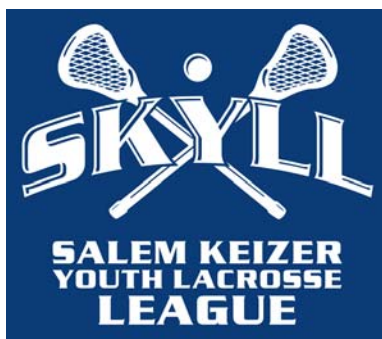
Face Offs: Face-offs occur at the start of each half and after each goal (unless greater than a 6-goal spread). Two mid-fielders will take positions at the center of the field for the face-off. The other mid-fielders will line up opposite each other on the centerline wing restraining lines. Defenders, attackmen and the goalie must stay behind the defense and attack restraining lines until possession is called. The referee will call set, backup 2 paces and then blow his whistle to start the face-off. The center mid-fielders will work to gain possession. Wing mid-fielders can move off their restraining lines and participate in gaining possession. If a center midfield moves his stick after the referee has called set and before the referee has blown his whistle this is a technical foul and the referee will award the ball to the opponent center midfield player for a free possession.

Once the face-off takes place and possession has been gained, the referee will indicate possession and all remaining players are released to participate in the play. If the ball goes out of bounds before possession is gained, then the face-off will be performed again. If an offensive or defensive player leaves the restraining area to play the ball before the referee indicates possession, it is a non-possession technical foul and the ball is awarded to the other team. If the ball enters the restraining area before the referee indicates possession, the offensive and defensive players may play the ball, but may not leave the restraining area until possession is indicated. If the ball enters the crease, it is the goalie's ball.

Goalie and the Goal Crease: The goalie is fully protected within the crease. No player may touch the goalie or his stick while he is in the crease. The goalie is considered within the crease if any part of his body is touching the crease. If the goalie is in the crease and traps the ball with his stick, then the ball is considered the goalie's ball. This rule applies whether the ball is inside or outside the crease. Only the goalkeeper is permitted to use his hands to bat the ball away from the goal while he is within the crease. The goalie may not use his hands to catch the ball.

Restarts after fouls, ball out of bounds, or other stoppages: All restarts will occur with one team being awarded the ball in-bounds near where the ball exited the field or near where play was stopped. Players from the opposing team shall position themselves in bounds no nearer than 5 yards from the player with ball possession. The referee's whistle and arm signal shall indicate the restart of play.

If the referee cannot determine who gets possession of the ball, the ball will be awarded under the alternate possession rule.



Defensive Possession: If the referee cannot determine who gets possession of the ball, the ball will be awarded under the alternate possession rule beginning with the visiting team.

Out of bounds by shot on goal: If a player from team A shoots on goal and the ball travels out of bounds along the end line or side line, possession will be awarded to the team *closest to the spot where the ball went out of bounds at the time the ball went out of bounds*. In many cases, if no one is behind the goal, the goalie will be closest player to the spot where the ball went out of bounds when it left the field. In this situation, the goalie's team will be awarded the ball to restart play. The team gaining possession will start the ball in bounds where the ball went out of bound and opposing players must be 5-yards away.

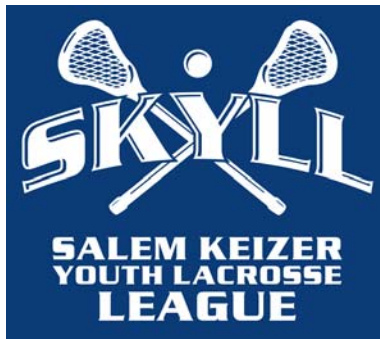
Fouls and Penalties: A foul is a prohibited action by a field player, team member, coach or fan against a player, team member, coach or fan of the opposing team. Fouls are either Personal or Technical in nature. Personal fouls result in timeserving penalties against the team or player committing the act. Technical fouls can result in either timeserving or non-time serving penalties. The player's team shall play short-handed until the offending player completes the penalty time or a goal is scored on the short-handed team. Non-time-serving penalties shall result in the awarding of ball possession to the offended team. If a player receives 5 fouls they will be ejected from the game.

Penalty Enforcement: When a penalty is time serving, the offending player shall report to the referee for the duration of the penalty. The referee will either keep the player near him or direct the player to the penalty area. In either case, the player must remain out of play for the duration of the penalty. The offended team shall be awarded the ball at a sideline near where the foul was committed or at the centerline if the offense was committed in the team's defensive zone (a free clear for personal fouls). The referee will whistle and signal for the game to continue. Penalty time will start once the referee restarts play.

Personal Fouls: Personal fouls are illegal acts directed toward a team or team member. Personal fouls are serious in nature. The following are prohibited actions in the game of lacrosse:

Body Checks – A body check where body-to-body contact is made with the objective of taking out the opponent instead of playing the ball is not allowed. If contact occurs while two players are going for ground ball and both players are bumping one another while working to gain possession of the ball, no infractions will occur as long as contact occurs from the front or from the side. During groundballs, a player may employ a moving pick to interfere with an opponent so that his teammate can get the ball unopposed. The moving pick must start within 5 yards of the ball. The player issuing the moving pick cannot lower his shoulder and can only restrain the other player by applying pressure with the back of gloved hands together on his stick. He cannot push the opposing player. If he does lower his shoulder, this is considered a Body Check and will result in a one-minute penalty.

Stick Checking & Slashing – **Only two-handed poke or lift checks are allowed.** Slashing is the uncontrolled use of a stick or one-handed checks in an effort to contact an opponent's stick. A player does not need to make contact with the opponent for the referee to make a slashing call. The referee shall call a slashing penalty if the player does not maintain control of his stick. This is a one-minute penalty.



Stick checks - No overhead checks are allowed. Pivot point for a slap check will be the wrists with no more than a 90 degree arc. No full arm (baseball) swing slap checks allowed.

Cross Check - Players **may not** check an opponent with the shaft of stick. This is a one-minute penalty.

Tripping - A player may not use his body or stick to trip an opponent below the waist. This is a one-minute penalty.

Unnecessary roughness - Hits toward head, neck, or contact that is deemed by the referee to be excessive in nature shall be prohibited. A player may not knock a player off their feet intentionally. During face-offs, the referees will watch for blows to the head from an opponent's helmet, using the head to lead in the check (spearing). Any contact to an opponent's head will be considered unnecessary roughness. Unnecessary roughness is a one-minute, non-releasable penalty.

Unsportsmanlike conduct – All players, coaches and fans shall conduct themselves in a sportsmanlike manner. Examples of unsportsmanlike conduct includes throwing of the crosse or other player equipment, cursing, posturing towards another player (includes taunting), arguing a call, showing disrespect to the referee, and inappropriate comments or unruly behavior from players, coaches, or fans. The penalty for unsportsmanlike conduct is a one- to three-minute, non-releasable penalty.

Improper Equipment – Players shall wear required equipment whenever they participate in youth lacrosse games. Players not wearing legal equipment (i.e., Legal = non-altered equipment) shall not be allowed to play until the equipment is corrected. (This does not include players whose legal equipment comes off during normal play.) Examples of illegal equipment include using a crosse longer than the maximum 42 or minimum of 40 inches, playing with altered or illegal gloves, or playing in a non-NOCSAE approved helmet. Players must keep their mouth guards in whenever they are on the field. This is a one-minute, non-releasable penalty.

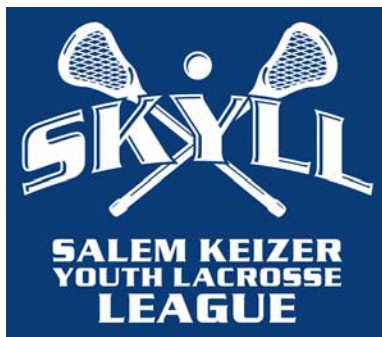
Technical Fouls: Technical fouls are fouls that impact the fairness and flow of the game but are not directed toward an opposing team or team member. For technical fouls, a player will receive a 30-second penalty if the offended team had possession of the ball. If the offended team did not have possession of the ball, a technical foul will result in possession of the ball where the foul occurred. The following are technical fouls:

Holding – A player may not grab or hold another player with his stick or free hand. If a player has the ball, the defensive player may stop the offensive player's forward progress legally from the front or side by positioning himself legally. If a player of one team is backing into an opponent, the opponent may establish a legal position and hold from the rear only if equal pressure is applied. The 5-yard / possession rule applies in all cases

Interference – A player may not interfere with the free movement of an opponent unless the opponent has the ball or is within 5 yards of the ball. If the player is within 5 yards of the ball, a player may check or hold the opponent's cross using his cross or may impede the other player from the front or side by establishing a legal screening position.

SKYLL – Salem Keizer Youth Lacrosse League • www.skyll.org • Page 7 of 9

The information contained herein is provided as a public service for non-profit organizations, with the understanding that Salem-Keizer Public Schools makes no recommendation or endorsement of the activity or product represented in this publication.



Pushing – Players may not push or shove an opponent from behind. Typically, this penalty is called during a loose ball situation when one player pushes another from behind during an attempt to scoop a ground ball. Defensive players must exert pressure equal to that of the offensive player if the offensive player is backing into the defensive player. Referees are encouraged to tightly call pushing.

Offside – Each team must keep four players (usually the goalie and three defensemen) in their defensive half of field and three players (usually three attack) in the offensive half. Offside is a technical foul. A goalie can advance the full-length of the field, but four players must remain in the defensive half of the field.

Crease Violation – The goalie and his stick may not be touched if he is within or has any part of his body touching the goal crease. If the goalie has control of the ball in his crosse and contact is made, the defending team shall be awarded the ball at midfield. If the goalie doesn't yet have possession, the loose ball shall be awarded to a teammate near the sideline laterally from the goal. . If an attacking player enters the crease while the defending team is in possession, it will result in a 30 second technical foul. If the attacking team has possession of the ball and an attacking player's body enters the plane of the crease while shooting, scoring or not, this is a crease violation. If a goal is scored, it will be disallowed and the ball will be awarded to the defending team..

Illegal Offensive Screen – A player may set a "pick" for a teammate. Players setting an offensive pick must be stationary, motionless, and have his stick next to his body. The player setting the pick may not lean sideways into the opponent to impede the opponent's pursuit.

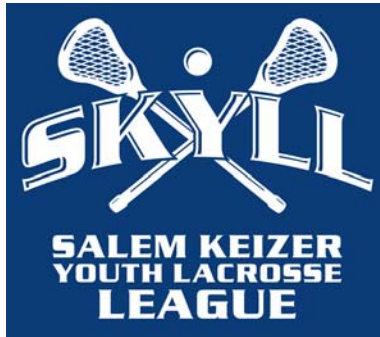
Warding– A player may not use his free hand to keep the defensive player or the defensive player's stick away his crosse. Also, the player with ball possession may not push off the opponent even with his arm or elbow with his hands holding his crosse in order to gain an advantage.

Raking – A player may not pick-up a ground ball by backward raking it into his stick. Raking is a non-possession foul at the spot of the infraction. ***Some discretion is allowed by the referee in a non-scrimmage situation.***

Conduct – Conduct fouls are similar to unsportsmanlike conduct, but more minor in nature. Excessive celebration after goal is an example. Whenever possible, referees are encouraged to call a Conduct foul before escalation to Unsportsmanlike Conduct occurs.

Referee enforcement: Most fouls are immediate whistle with play stoppage. The referee will employ the slow-whistle, flag down technique on the following fouls: slashing, offsides, holding, interference, and pushing. A player accumulating four personal fouls will result in immediate expulsion from the game.

Addressing the Referee: Youth lacrosse players, including captains, may not address a referee. Only coaches are to address the referee, only during timeouts or halftime and in a manner that seeks clarification, not confrontation. Both coaches must be present when addressing a referee. A player, coach or fan entering into a disagreement with the referee during a game, without



calling a time-out, will receive a one-minute, non-releasable, unsportsmanlike conduct penalty. Second offense will result in ejection of the coach.

End of game: At the end of the game, each team will line up and shake the hands of each member of the opposing team. Goalies shall lead the handshake line. Teams shall display good sportsmanship during the handshake line.

All players, coaches and fans are reminded to "Honor the game." Referees shall enforce the ZERO TOLERANCE policy. Remember, it is still just a game. Have Fun!

Role of Parents in Lacrosse

US Lacrosse Guidelines

1. *Be supportive of your child by giving encouragement and showing interest.*
2. *Attend games whenever possible.*
3. *Be a positive role model by displaying good sportsmanship at all times to coaches, officials, opponents and your child's teammates.*
4. *Let your child set his own goals and play the game for himself.*
5. *Let the coach coach.*
6. *Respect the decisions of the referee.*
7. *Read and understand the rules.*
8. *Get to know who is in charge.*
9. *Get involved!*
10. *Sit back and enjoy the game!*



Please consider becoming a member of US Lacrosse. To learn more about the benefits of this organization, please visit www.uslacrosse.org.