



Boys 7v7 Lacrosse

1. RULES AND REGULATIONS

- 1.1 The JCC Maccabi Games Lacrosse competition shall be conducted under the following rules and regulations for all age/gender groups except as they may be modified by the Sports Advisory Committee (SAC).
- 1.2 The competition in Lacrosse shall be conducted in accordance with the National Federation of State High School Associations (NFHS) Boys Lacrosse Rules Book which governs US Lacrosse Boys Youth play. Please see the most current (NFHS) Boys Lacrosse rules book. In the event of a conflict, the JCC Maccabi Games rules shall apply and be binding.
- 1.3 The Organizing Committee of the Host Community shall establish a Lacrosse Committee, with a Lacrosse commissioner, to oversee and run the competition, and to resolve any controversies that arise. The decisions of the Lacrosse Committee and/or the overall Lacrosse commissioner with respect to protests, disputes, and appeals shall be final. Protests must be submitted in writing within thirty (30) minutes after the completion of a game, and shall relate solely to the interpretation of the rules.
- 1.4 Prior to the start of the Games all rules questions shall be resolved by the Lacrosse Committee, in consultation with the SAC, in accordance with the US Lacrosse Boys Youth Rules (See Rule 1.2).
 - 1.4.1 A member of the host community must be available at each venue at which lacrosse is played to help manage the lacrosse tournaments in accordance with JCC Maccabi Games guidelines, control issues as they arise, and if needed, to receive protests.
- 1.5 *Rachmanus Rule* --Rachmanus plays a key role in athletics and the JCC Maccabi Games. Compassion and good sportsmanship shall be displayed by athletes, coaches and spectators at all times during the JCC Maccabi games both on and off of the playing field. For more information, please refer to the "Rachmanus Rule."

2. VENUE AND EQUIPMENT REQUIREMENTS

- 2.1 The Organizing Committee of the Host Community, acting through its Lacrosse Committee, shall ensure that the following venue and equipment requirements are met:
- 2.1.1 **Field Dimensions.** The required dimensions of the 7 v 7 lacrosse field are 70 x 50 yards. Goals are to be 56 yds. apart with 7 yards of space behind the goal to the end line. All fields and goals **MUST** be the same size within a specific age / gender tournament.
- 2.1.2 **Offside.** There will be a restraining line that defines when players are offside. To avoid being offside:
- a) A team must not have more than 4 players on or over the restraining line in their **offensive end**.
 - b) A team must not have more than 5 players (including the goalie) on or over the restraining line in their **defensive end**.
- 2.1.3 Players may exchange places during play, but player should have both feet out before teammate can enter. Any part of the foot on or over the line is considered a violation. Players may reach over with their stick to play the ball, as long as no part of the foot is on or over the line.
- 2.1.4 Fields must be lined with a center line and center circle or x.
- 2.1.5 **Game Ball.** The ball is smooth or slightly textured rubber of solid white color, not less than 20cm (7 3/4") or more than 20.3cm (8") in circumference. It must weigh not less than 142gm (5oz.) not more than 149gm (5 1/4oz.). It must have a bounce of not less than 1.1m (43") nor more than 1.3m (51") when dropped from 1.8m (72") onto concrete at a temperature of approximately 18° C. (65° F.) - 23° C. (75° F.) The same type and color ball must be used throughout the game unless both coaches agree to change.

2.1.6 **Referees.** A set of two (2) uniformed certified referees shall be assigned to each game. A set of three (3) referees is preferable, but not mandatory. All referees are suggested to be 21 years of age or older but must be at least 18 years of age.

2.1.7 The referees will obtain verbal certification from the head coach that all equipment is legal under these rules.

3. PARTICIPANTS

3.1 Seven (7) players per team will be on the field at any one time: one (1) goalie and six (6) field players.

3.2 Both teams shall be on the same sideline with all spectators seated on the opposite sideline.

4. COMPETITION FORMAT

4.1 **Rules of Play.** Body checking is permitted. To be legal a body check should be delivered in a generally upright position with both hands on the stick and the player initiating the check may not use his lowered head or shoulder to make the initial contact. **NO TAKE OUT CHECKS ARE PERMITTED BY ANY PLAYER.**

4.1.1 A take-out check is defined as: 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. Any body checks 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. Any body check made on a player in a defenseless position.

4.1.2 Slashing shall be called per NFHS rules.

4.2 **Timing.** Each game shall consist of four (4) twelve (12) minute quarters running time with a five (5) minute rest period at halftime.

4.2.1 At the discretion of the Lacrosse Committee, additional time stoppages may be implemented in response to playing conditions.

- 4.2.2 **Pregame Schedule.** Teams should report to the field a half hour before the scheduled start. A team shall be allowed a ten (10) minute grace period after the scheduled start time before they forfeit the game. The game will begin as soon as the coach and at least 7 players are present.
- 4.2.3 **Weather.** If a game is interrupted because of weather conditions, the game must be resumed at the point of interruption and played to conclusion. If a game is abandoned because of weather conditions in the opinion of the Lacrosse Committee and the first half has been completed, the score at the time of abandonment shall be considered final.
- 4.3 **Tied Games and Overtime.** In the event the score is tied at the end of regulation during Round Robin play one (1) five (5) minute running time sudden-victory period will be played. If there is no winner declared the game will be called a tie. Each team is entitled to one (1) additional timeout in all extra periods. In medal round games i.e. all games after Round Robin play, 5 minute running time sudden-victory overtime periods will commence until a winner is declared.
- 4.3.1 In Round Robin play, teams receive three (3) points for a win, one (1) point for a tie and zero (0) points for a loss.
- 4.3.2 Both teams will have a 5-minute rest prior to the beginning of any overtime and a coin toss for choice of choice of ends.
- 4.4 **Substitution.** Each team may substitute an unlimited number of players at any time during play (including overtime), after every goal and at halftime.
- 4.5 **Game Results.** Coaches of both teams must sign the game results card and return it to the referee, who shall turn the card into the lacrosse site coordinator or member of the Lacrosse Committee.
- 4.5.1 **Forfeits.** A forfeited game will be scored 5-0.

4.5.1.1 A forfeit will follow if a team refuses to play a game or withdraws from the field before the end of a game without a valid reason, as determined by the Lacrosse Committee. In such an event, the team shall be disqualified from the tournament, and all previous and subsequent games shall be forfeited.

4.5.1.2 A forfeit will follow if a team cannot put five (5) players on the field because of suspended or injured players.

4.5.1.3 A forfeit will follow if the coach is ejected from the game and no other member of the coaching staff is present to assume the coaching duties. Spectators are not allowed to step into the coaching duties.

5. TOURNAMENT FORMAT

5.1 The format for all team and individual sport competitions shall be created by the Sports Advisory Committee (SAC). Final sports competition formats will be determined after consultation between the applicable SAC Chair and the Host Community.

5.2 Slotting of teams for the Round Robins shall be done by a blind draw conducted by a member of the SAC.

5.3 Every effort will be taken to create a tournament that allows each team to participate in a minimum of five (5) games.

5.4 If there are ties in the standings after Round Robin play, the following procedures shall determine team seeding for the playoffs.

5.4.1 If 2 teams are tied:

1. Head to head competition (if applicable)
2. Record against common opponents in Round Robin play (if applicable).
3. Overall opponents' total won-loss points in Round Robin play (SOS)
4. Score differential versus common opponents in Round Robin play (if applicable). Maximum goal differential of five (5) per game.
5. Draw names to determine seeding. First name drawn is the higher ranked (better) seed.

5.4.2 If 3 or more teams are tied:

1. Head to head competition (used only if all 3 teams have played one another and one team is undefeated vs other opponents)
2. Record against common opponents in Round Robin play (if applicable).
3. Overall opponents' total won-loss points in Round Robin play (SOS)
4. Score differential versus common opponents in Round Robin play (if applicable). Maximum goal differential allowed per game is five (5) goals.
5. Draw names to determine seeding. First name drawn is the higher ranked (better) seed. Continue process until all names have been drawn. NOTE: A member of the Lacrosse Committee and/or the overall Lacrosse commissioner or designee will draw names. Delegation heads will be notified of the results.

6. PLAYER EJECTIONS/ PENALTIES/FOULING OUT

- 6.1 Any player who accumulates 4 personal fouls or 7.5 minutes in personal foul penalty time shall be disqualified from the game. A substitute for that player may enter the game when the disqualified player would have been permitted to re-enter had he not fouled out.
* Penalties in running time are 1.5 times as long as stop time penalties
- 6.2 Any player or coach ejected from a game by a game official shall be suspended for his next regularly scheduled game.
- 6.3 All penalties will be running time, and will begin with the next whistle resuming play. The running time penalty clock will stop for all timeouts and at the end of periods.

7. DRESS AND EQUIPMENT

- 7.1 **Uniform.** Each player shall bring two (2) shirts to each game, one (1) light colored and one (1) dark. The home team shall wear the light colored shirts. The backs of the shirts shall have numbers that are at least six (6) inches high.

- 7.1.1 It is strongly recommended that all JCC Maccabi Games Lacrosse uniform shirts have sleeves.
- 7.1.2 A player taking part in the medal ceremony must wear shoes and his/her competition uniform.
- 7.1.3 All players must wear the same number throughout the tournament. Blatant disregard for this rule shall result in a forfeit.

7.2 **Field Crosse.** The field crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic, and any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.) The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle. Sticks must comply with section 6 of the NFHS Boys Lacrosse rules.

7.2.1 A crosse meets specifications if:

- a. It complies with the criteria in this rule and it meets the Manufacturer's Specifications as approved by US Lacrosse.
- b. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

7.2.2 No more than 3 long poles on the field at any given time during game play.

7.3 **Goalie.** The standards and restrictions on goalie equipment differ from that of the field player and are listed below.

7.3.1 **Goalie Crosse.** The goalkeeper crosse must be made of the following basic materials: composite, metal alloy (handle only), rubber, wood, gut, leather, fiberglass, nylon, plastic, or any other synthetic material. (Recessed metal screws may be used to affix the head to the handle.) The head of the stick shall be triangular in concept and shall be affixed to the handle in such a way that it shall basically be in the same plane as the handle. The pocket of the stick shall be strung with six or seven longitudinal leather and/or synthetic thongs

and crosse lacing or be mesh. The crosse shall not have sharp or protruding parts or edges, and shall not be dangerous to players in any way. The crosses overall length shall be no more than .9m (35 1/2") minimum and 1.22m (48") maximum.

7.3.1.1 A crosse meets specifications if:

- a. It complies with the criteria in this rule and it meets the Manufacturers Specifications as approved by US Lacrosse.
- b. The ball moves freely within all parts of the head of the crosse, both laterally and along its full length.

7.3.2 **Protective Equipment.** All Players must wear a protective helmet designed for lacrosse, which meet the NOCSAE standards at the time of manufacturing. Goalies must have a separate throat protector, chest protector, abdominal and pelvic protection.

7.3.2.1 It is optional that the goalkeeper wear padding on arms, shoulders, shins and thighs. This padding must not excessively increase the size of these body parts. Body padding must not exceed the thickness of legal goalkeeping gloves—2.54cm (1") padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

7.3.2.1.1 Common Scenarios:

- a) A goalkeeper wears football shoulder pads. RULING: LEGAL, if they do not exceed the maximum legal thickness of 1".
- b) A goalkeeper wears a throat protector that is attached to his helmet using screws. RULING: LEGAL. This is one type of "separate" throat protector.

- 7.4 **Mouth Protection.** Mouth guards are mandatory and must be easily visible by the referee.
- 7.6 **Footwear.** Players must wear composition or rubber soled shoes. No spikes are allowed. Plastic, leather, or rubber cleats-studs may be worn. Shoes and socks are not required to be identical for team members.
- 7.7 **Other Equipment. Equipment must conform to NFHS requirements, including gloves, arm pads, shoulder pads, mouth piece, shoes, and helmets.**
- 7.8

A protective cup is recommended for all players.

Rib pads are recommended for all players.

- 7.8.1 Further protective devices necessitated on genuine medical grounds may be used by players, providing that the umpires agree that they do not endanger other players. All protective devices used should be close-fitting, padded where necessary, and not be of excessive weight.
- 7.7.2 Players may only wear securely taped Medic-alert jewelry with information visible and close-fitting cloth sweatbands. Any other adornment will be considered jewelry and may not be worn.
- 7.7.3 No equipment, including protective devices, may be used unless it complies with the rules or manufacturers' specification and is deemed not dangerous to other players by the officials.

- 7.8 Teams are required to bring their own practice balls and equipment.

8. MEDALS

- 8.1 The following medals shall be awarded:

First Place JCC Maccabi Gold Medal
Second Place JCC Maccabi Silver Medal

Third Place JCC Maccabi Bronze Medal