

CUMBERLAND COUNTY CONFERENCE

2022-23 Boys Lacrosse Guidelines

- 1) The Triple C Conference supports the philosophy that each individual team member should participate in each athletic contest, if eligible. Each school's Athletic Administrator has the responsibility of monitoring this philosophy.
- 2) The Triple C Conference will follow gender participation as stated in the MPA Guidelines.
- 3) Ejection Rule - If a coach, student or game personnel is ejected or disqualified from a meet or game for unsportsmanlike behavior of any form it will result in the suspension of that coach or student from that meet or game and the next regularly scheduled meet or game.
- 4) It is understood that all schools will have a 7th grade team and an 8th grade team. If a school has at least the minimum number of 8th graders (minimum number is 16 boys), no 7th graders may play on the 8th grade team. A school is allowed to use only that number of 7th graders that will fill the 8th grade roster to meet the number of 16 participants. This same procedure and policy is true for 6th graders playing on 7th grade teams.
- 5) Weekday games will begin at 3:30pm (8th grade plays first).
- 6) Official timers of games are to be adults.
- 7) Game Time – 8 Minute (**Stop time**) Quarters and a 5:00 minute Half time. **NO OVERTIME**
- 8) Coaches are responsible for the strict adherence to the rules governing protective equipment. All required protective equipment must be worn at all times on the playing field.
- 9) Equipment must meet NOCSAE and Federation Standards.
- 10) Approved game balls
 - a) White balls are recommended (yellow, orange and lime green balls are legal).
 - b) All game balls must include labeling, which states "Meets NOCSAE Standard. NFHS"
- 11) **BOYS' RULES** - The US Lacrosse 14U rules align with the National Federation of State High School Associations (NFHS) **with some modifications for player safety**. Any issues or situations that are not covered in the 14U rules default to the NFHS rule.
- 12) **BODY CHECKING**

To be legal, body checking of an opponent can only be delivered by a player who has both hands on their own crosse. Checks must be made to players in possession of the ball, within three yards of a loose ball, or to a player within three yards of a ball in flight. In all

cases a body check shall be below the neck, above the waist, and delivered to the front or side of an opponent.

- a) *Any excessive body-check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground should be penalized as an illegal body check.*

13) **ILLEGAL BODY CHECK**

- a) Body-checking of an opponent who is not in possession of the ball or within three yards of a loose ball.
 - a. Body-checking of an opponent from the rear, at or below the waist, or above the shoulders
 - b. Body-checking of an opponent who has any part of his body other than his feet on the ground.
- b) A body check that targets a player in a defenseless position. This includes but is not limited to: (A) body checking a player from his “blind side”; (B) body checking a player who has his head down in an attempt to play a loose ball; and (C) 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.
- c) An Excessive Body-Check in which the player lowers his head or shoulder with the force and intent to put the other player on the ground.
- d) (Note: If a player who is about to be body-checked turns his back, jumps or moves in such a manner to make what started out to be a legal check appear illegal, no foul is committed by the player applying the body-check)

14) **PENALTY**

- a) The penalty for a personal foul shall be suspension from the game of the offending player for 1, 2, or 3 minutes, depending on the official’s judgment of the severity and perceived intent of the personal foul. The ball shall be given to the team fouled.
- b) The penalty for personal fouls 5.3 ILLEGAL BODY CHECKS (to a defenseless player) and 5.4 CHECKS INVOLVING THE HEAD/NECK are an automatic 2 or 3-minute non-releasable penalty with a possible ejection.
- c) The penalty for 5.5 TARGETING is an automatic 3-minute non-releasable foul with an ejection.

15) CCC Mercy Rule – When a team is up by ten goals two things take place:

- a) After each goal is scored it will be a free clear for the team that is down.
- b) No face off will take place and there will be a running clock.

CCC MS Boys Lacrosse Schools:

Bath, Brunswick, Cape Elizabeth, Freeport, Gray New-Gloucester, Greely, Lake Region, North Yarmouth Academy, St. Dominic Academy, Waynflete School, Yarmouth

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Helpful Boys Lacrosse Websites:

- [US Lacrosse](#)
- [National Federation of High Schools \(NFHS\)](#)
- [Maine Lacrosse Officials Association \(Boys Lacrosse\)](#)