

SMMSAC Guidelines – Boys Lacrosse

1. The SMMSAC 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. Ejection Rule for coaches and students - If a coach or student 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.
3. Refer to SMMSAC constitution with regard to schools playing one team or two. Schools playing 8th and 7th graders in a combined team will use local rules to choose the team.
4. Weekday games will begin at 3.30pm (7th grade plays first).
5. Game Time - 10:00 Minute (Stop time) Quarters and a 5:00 minute half-time. There will be no overtime
6. 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.
7. Shoe cleats may not be longer than one half inches.
8. Rules governing the play of the game are set by the US Lacrosse. U15 rules will be used.
 - a. **The SMMSAC will play using the Under (U15) 3-Yard Rule and No Take-out Check Rule adopted by US Lacrosse and published in the NFHS Boys Lacrosse Rules Book.**
 - i. **3-Yard Rule – All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 3 yards of a loose ball or ball in flight.**
 - ii. **Take-out Check Rule – Any Body check in which a player lowers his head or shoulder with the force and intent to put the other player on the ground. Any body check 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 on a player in a defenseless position**
9. Official timers of games are to be adults.
10. 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.

Helpful Boys Lacrosse Websites:

- **National Federation of High Schools (NFHS)** – www.nfhs.org
- **US Lacrosse** – www.uslacrosse.org
- **Maine Lacrosse Coaches Association** - <http://mainelax.com>
- **Maine Lacrosse Officials Association** - <http://mloa.org/>