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Lightning League Rules and Guidelines – Spring 2009

3rd & 4th Lightning League

Updated: April 18, 2009

Lightning is a developmental league, with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Teams play to win, but not at the expense of sportsmanship and playing time for new or less-skilled players. Won-loss records are not kept; score keeping is optional; and emphasis is on skills development and enjoyment of the game.

Number of Players: Teams play 10-man lacrosse if each team has a minimum of 13 players. (teams may also play 8 v. 8, 7 v. 7 or 6 v. 6 (for 6-man, reverse goal and play without a goalie).

Player Eligibility: Players currently enrolled in 3rd or 4th grade are eligible.

Undermanned teams: If a team does not have enough players to field a full roster, or if one team has a large roster and the other is small, a couple options are possible:

- 1) A format of 8 v. 8, 7 v. 7 or 6 v. 6 may be used by mutual agreement of coaches.
- 2) The undermanned team may borrow players from the opposing team.

Field: Lightning may use the standard field – 110 yards in length and between 53 and 60 yards in width – or the smaller Storm field reduced in size to 80 yards in length and 40 yards wide. This option should be reserved to the smaller team formats, i.e. 6 v. 6 or 7 v. 7. (*To create the smaller field see the Storm rules*).

Equipment: Full protective gear required. (Helmet, shoulder pads, arm pads, gloves, mouth guard). Long poles for defensemen are not allowed.

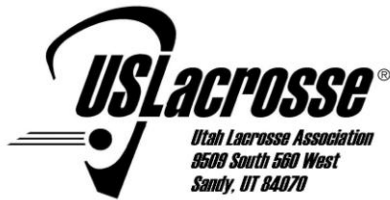
Host and Home Team Responsibilities:

- *Field set up: lined field, goals, cones (Host)
- *Timing/scoring table (Host)
- *Chairs (Host)
- *Clock (Home)
- *Horn (Home)
- *Game balls on the end line (Home)
- *Designated person for keeping time, game and penalty time (Home)
- *Designated person for keeping score (optional)

Traveling Team Responsibilities:

- *Bring second goal to every away game unless notified otherwise by home team.

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Spectators/parents: Coaches are responsible for informing their parents/spectators that any behavior of a harassing or unsportsmanlike nature will not be tolerated by the league and may result in penalties for the team and further action by game or league officials. Coaches also will be held responsible for their own behavior/actions that incite or contribute to an unsportsmanlike environment.

Time Factors and Scoring:

- * Four quarters, 10 min. running time
- * Table should issue 1-minute and 2-minute warnings.
- * Two 2-minute timeout per half.
- * 2-minutes between quarters and a 5-minute half time.
- * No overtime; no tiebreakers.
- * Mercy Rule – when there is a six-goal deficit, the trailing team gets possession of the ball at the “X” with no face-off after any goal is scored until the deficit of goals is less than six. The trailing team may choose to not accept the mercy rule and continue to have face-offs.

Rules of Play: NFHS rules and ULA rules/guidelines. (*Coaches must be familiar with both the NFHS rulebook and all ULA rules and exceptions*):

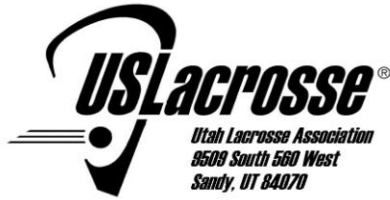
- *No 10-second count.
- *No 4-second count for goalies.
- *2-minute “keep it in” rule **does not** apply to Lightning league.
- *No one-handed stick checks (slash penalty).
- *A coach receiving two or more 1-minute penalties for unsportsmanlike conduct will be ejected, with an automatic next-game suspension.
- *No takeout checks.

Takeout checks: Any contact where a player gains unnecessary momentum to knock another player to the ground. Points of emphasis for the official making the call are force and intent. Hip checking from the side, bodying up, stick checks and boxing out the opponent are all legal contact. A body check from the front is legal if the player initiating contact does not lower his helmet (spearing) and the official deems that the force is not excessive. The body checked opponent leaving his feet is usually, not always, evidence of excessive force; the body checked opponent being legally pushed out of the play is not. A player who trips or falls after coming in contact with another player is not necessarily a victim of a takeout check. It is potentially incidental contact, and therefore a no-call.

Prohibitions:

- * Coaches or team officials without a ULA photo I.D. are not allowed in the team box.
- * Players not registered with ULA may not play/practice or supplement a roster at any time.
- * Players from an older age division may not play down into Lightning League.
- * Playing up is prohibited.

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Special Note:

- *All coaches must sign and abide by the Coaches Contract.
- *Coaches must have all players sign and abide by the Player Contract.
- *Teams may practice 3 times per week prior to the start of games. After games have started there may only be 2 practices a week. (Practices may not exceed 2 hours)
- *Scrimmages count towards practice time
- *Teams must respect each other's home fields and pick up after themselves.

Game Cancellation Procedure:

1. Call opposing team's coach and/or parent rep.
2. Notify the ULA office by email at info@utahlax.org or phone 255-5343.
3. If cancellation is same day, please contact ref assignor Grant Nielsen at: home - (801) 280-9452, mobile - (801) 680-0453, work - (801) 270-6054. If you have 48 hours notice email Grant at gnielsen52@yahoo.com and bpc@utahlax.org
4. Contact coach or parent rep from opposing team to reschedule the game. Email all reschedule information to Grant Nielsen and the ULA.