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Storm League Rules and Guidelines – Spring 2009

1st and 2nd Grade Storm League
Updated: April 18, 2009

Storm is an instructional, non-competitive league with body contact and stick checking allowed and taught as an integral part of the sport of Lacrosse. Lacrosse fundamentals, skills development, sportsmanship and enjoyment of the game are the primary objectives; winning is not. Playing time must be equitable for all players regardless of skill level.

Number of Players: 7 per side on the field. 2 attack/3 midfield/2 defense. Both teams must field the same number of players by position.

Player Eligibility: Players currently enrolled in Kindergarten, 1st and 2nd grade are eligible.

Field: A portion of a regulation field may be used. The length will go from goal line extended to goal line extended (80 yards) and from wing line to wing line (40 yards). Center of the goal will be 10 yards from both the Storm end line and restraining line, thus centered in the box. Diagram can be found online: http://www.utahlax.org/Assets/Youth+Boys/StormField_08sep24.pdf?method=1

Equipment: Storm League utilizes a standard lacrosse goal with a Hector attachment to alleviate the need for a goalie. Full protective gear is required for players (Helmet, gloves, shoulder pads, arm pads and mouth-guard). Defense sticks are not allowed, and short sticks may be cut down to a shorter length of 37 to 40 inches under NFHS Youth Boys rules.

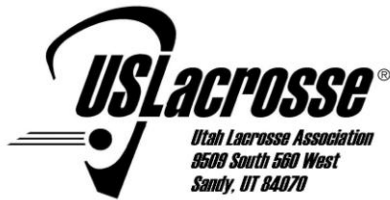
Team Responsibilities:

- *Each team may provide a table official to help oversee timing and penalties or to keep stats.
- *Teams may be called upon to provide a goal or assist the commissioner with field setup on an as-needed basis.

Time Factors and Scoring:

- *Four 10 minute quarters; running time clock.
- *2 minutes between quarters and a 5-minute halftime.
- *See New Rules regarding Penalties as of February 7, 2008 section below.
- *All substitutions on the fly.
- * Table should issue 1-minute and 2-minute warnings.
- *Two 2-minute timeouts per half.
- *No overtime; no tiebreakers.

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New Rules regarding Penalties as of February 7, 2008:

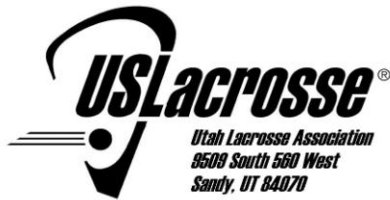
1. There will be no more time serving penalties in the Storm league.
 - a. This includes personal or technical fouls.
2. Players may still be ejected from games for two unsportsmanlike penalties.
3. Penalties whether personal or technical in nature will still be called by officials however the enforcement of these penalties will result in:
 - a. The player committing the infraction will leave the field of play and be appropriately substituted for.
 - i. All substitutions will be appropriately conducted through the substitution box.
 - ii. Player may return to field via appropriate substitution.
 - iii. If team is playing with reduced or limited number of players, the player who committed the infraction will still proceed to the box area and step off the field before, returning to game.
4. The infringed team will be awarded possession in the offensive half of the field. If infringed team is already in the offensive half of the field they will be awarded possession outside of the goal area.
5. All penalties will still be appropriately called and relayed to table area and coaches.
6. Play may begin once infringed team is ready for restart, this will encourage timely substitutions and not provide stalling situation or advantage to team who committed foul.
7. The emphasis of this rule change is to encourage education of players and coaches while not causing confusion or game delays through traditional time serving penalty enforcement.
8. This rule change applies to the Storm league only and may not be implemented in any other youth league by coaches or officials.

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

- *No 10-second count.
- *2-minute "keep it in" rule **does not** apply to Storm 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.
- * Players not registered with ULA may not play/practice or supplement a roster at any time.
- *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.

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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 or supplement a roster at any time.
- *Players from an older age division may not play down into Storm League.

Special Note:

- *Storm League is often officiated by high school-age players (referees in training).
- *All coaches must sign and abide by the Coaches Contract and instruct players on the principles of sportsmanship and honoring the game.
- *Teams may practice 2 times per week prior to and after the start of games. (Practices may not exceed 2 hours)
- *Scrimmages count towards practice time
- *Teams must respect home field rules and policies and pick up after themselves.

Spectators/parents: Coaches are responsible for the conduct and behavior of their parents and fans. Spectators should view the game on the opposite side of the field from the teams. Any behavior of spectators/parents that is harassing or unsportsmanlike (as determined by officials) may result in penalties for the team involved or the suspension of play.

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.