

### Lacrosse Rules Modifications (COVID-19 Pandemic)

The current climate with the COVID-19 Pandemic imposes many regulations and restrictions on the activities we offer. As a result we have revised rules and policies to protect the health and safety of all our players and families.

Current New York State restrictions do not allow for contact lacrosse to be played. These restrictions have implications for both boys and girls leagues. The rules below have been established to take the contact out of the game. Rules may be further adapted to achieve this result. It is our full intention to follow all rules adopted. TSE House rules govern all play unless specified here.

#### Alternate Face-off Procedures

- The home team will start the competition with possession of the ball at the center spot. The away team will have the first alternating possession. The second half will begin with the away team starting with possession at the center spot. The home team will have first alternating possession.

#### Positioning of Players and Starting Play

- One team will start with the ball in their offensive half of the field, near the center spot, with a free clear. All other players should be at least five yards from the player with the ball.
- In Lieu of a Face-Off, there will be a 1-Pass Rule before the team with the ball can shoot on goal
- After a goal the goalkeeper or official will remove the ball from the goal, and the team that was scored on will start with the ball in their offensive half of the field, near the center spot, with a free clear. All other players should be at least five yards from the player with the ball.

#### Loose-Ball Play

- When a loose ball is on the ground (involving two or more players) and cannot be quickly picked up, the official will end play early after three seconds and award the ball via alternate possession rule.

#### Contact and Penalties (boy's leagues only)

- No body checking at ALL ages. This will be strictly enforced.
- **Only two-handed poke checking limited to the stick and glove area is allowed.** Slap checking is not allowed.
- Offensive players should avoid initiating contact. Bull dodges are not allowed.
- In order to control contact, the following Personal Fouls apply (unnecessary roughness, tripping, body checking, cross checking, slashing)
  - 1<sup>st</sup> team foul – 2-minutes non-releasable and team warning
  - 2<sup>nd</sup> team foul – 3-minutes non-releasable and second warning
  - 3<sup>rd</sup> team foul – 3-minutes non-releasable and player is ejected

### **“No Touch” Rule**

- Players and coaches should refrain from high fives, handshake lines, and other physical contact with teammates, opposing players, coaches, officials and fans. Players should also refrain from touching any lacrosse ball with their hands and only use sticks to pick up balls. Players should not share drinks or water bottles.

### **Team Rosters and Benches**

- Only seven people total (players and coaches) are allowed to be in the bench area for games on the boarded fields. This is to ensure social distancing. Teams with more players than can be accommodated on the field and bench can station players in the concourse. These players can be brought in and exchanged with other players at half-time as well as other approved stoppages. A short game stoppage can be arranged, when needed, with the game official, before the game starts.
- Players in the bench must have a helmet or goggles on. Bench players should wear a facial covering, but may choose not to wear it if they feel they are unable to tolerate it.
- All coaches must wear a facial covering at all times

### **Day of Operations/Misc.**

- One spectator is allowed for each participant
- All spectators must wear a facial covering
- Families should not arrive to the venue more than 30-minutes before their first scheduled game. This will help prevent overlap of teams.
- Players should arrive dressed to play (no bags). Goalkeepers may bring an equipment bag.
- Players should report directly to their field after arriving.
- Players and spectators should maintain social distancing at all times.
- No team meetings are allowed after the game
- Teams are responsible for their spectators