

SOUTHERN MARYLAND YOUTH LACROSSE ASSOCIATION (SMYLA)

BANTAM DIVISION RULES

Play in the Bantam division is intended to be inclusive and at an instructional level, therefore the following adjustments to the play of the game will be made:

- Four (4) quarters of 10-minute running time with stoppage of play at the 5-minute mark of each quarter to allow for substitutions.
- Games are played in a seven-on-seven (7v7) format; two attack, three midfielders and two defensemen.
- No scorekeeping.
- No referees required – the option to have a referee during play is at the discretion of the teams. Some teams may wish to offer the Bantam players a ‘game type’ situation and may choose to include a referee.
- One coach from each team may be positioned on the field, with coaches positioning themselves on opposite halves of the field.
- Players will wear full equipment, including mouthpiece. Stick lengths shall be a minimum of 36” and a maximum of 44”.
- Teams will always stay at equal strength; therefore there are no time-serving penalties.
- Goals will be moved to the restraining lines.
- No goalies unless both teams field a goalie. In lieu of goalies, teams may invert the goals to the upside down position or use a “Hector the Rejecter”.
- Face-offs only at the beginning of each quarter. During a faceoff, only the two players facing off are allowed to compete for the ball until one team possesses the ball. Change of possession after each goal with the ball awarded at the midline.
- Two passes (not necessarily completed passes) must be made in the offensive end of play prior to shooting on goal.
- NO body checking is allowed.