CTYLA 2019 GAME RULES CHECKLIST

JUNIOR (5-6th Grades) & SENIOR (7-8th Grades)

TIME
10 min Quarters, Stop Clock (ref Blowout except.)
10 min Halftime
2 Timeouts Per Team, Per Half (2 min in length). No time out in last 2 minutes.
1:45 Max Game Time (unless agreed prior to start)
1 @ 4 min Overtime (stop clock, sudden victory)

LINE-UP
Starters Only

CLEARING
SENIORS: 4 sec. Crease Count, 30 sec. to Att. Box
JUNIORS: 4 sec. Crease Count
30 sec. Count in Final 2 min.

FACE OFF
Senior Only: Face off violation: 30 sec. Technical Foul after 3rd violation

CONTACT
Contact Within 3 Yards of Ball Only
Unnecessary playing man instead of ball.
Player intent: If an official believes a player’s intent was excessive a penalty may be issued
*Good defensive positioning and equal pressure, not if the hands are together.*
Stick Checks: 90 Degree Max, Controlled (get stick)
No “Ice Pick” Check at any level.
JUNIOR: NO ONE HANDED CHECKS

PENALTIES
Regular Time Serving (4 Personal Fouls or 5 min of Pers. = Disqualification)
Goalie Serves His Own Time for Personal Fouls
Checks to Head & Neck: Auto Non-Releasable
Unnecessary Roughness (UR):
1st Time = 1-2 min Non-Releasable (NR)
2nd Time = 2 min NR
3rd Time = 3 min NR. & that player is disqualified
Every Additional UR is 3 min NR & that player is disqualified.
Fighting or 2 Unsportsmanlike Conduct = Ejection

Penalties for Coaches/Spectators: Count against the team not the individual.
1st = Conduct Foul warn coach/spectator - change of possession;
1st Flag = Technical Foul - Conduct - 30 sec - in-home serves penalty;
2nd Flag = Unsportsmanlike - 1 min NR - in-home serves penalty;
3rd Flag = Unsportsmanlike - 2 min NR - in-home serves penalty and coach is ejected
4th Flag - Game ends. Score at that time will count as final.

STICKS
SENIOR: Att: 40-42” Def: 52-72”
JUNIOR: Att: 40-42” Def: 47-60” NO FULL LENGTH D POLES

BLOWOUT
Up by 8: Losing coach has choice not to faceoff, down team starts with ball
Up By 10: Winning team must complete 3 consecutive passing cycles through X before they can shoot.
Playoffs: No blowout or mercy rule will be applied in Playoffs at the end of the season.

STALLING
Seniors: May not stall throughout entire game.
Juniors: Leading Team Keeps in Box Last 2 Min. of Game

MEET FIELD ADMIN. PRIOR TO EACH GAME
CTYLA 2019 GAME RULES CHECKLIST

Bantam (1st-2nd Grades) & Lightning (3rd-4th Grades)

**TIME**

5 min Halftime

1 Timeout Per Team, Per Half, No timeouts in last 2 minutes of game.

Clock continues to run during timeouts, but penalty clock will stop. No penalty kill by calling a timeout.

**Lightning** - 12 min Quarters, Running Clock

One 4 min Overtime (running clock, sudden victory)

**Bantam** - 10 min Quarters, Running Clock

**LINE-UP**

Starters Only

**PLAYERS**

**Bantam**: 4v4, no offsides, players play entire field, no goalie

**Lightning**: 7v7, 2 Attack, 2 Mid, 2 Def, 1 Goalie.

No more than 5 on defensive side, no more than 4 on offensive side.

**RESTART**

Possession quickly awarded to non-scoring team at midfield.

**FACE OFF**

Face off each quarter only.

**CONTACT**

No Body Checks. Equal pressure allowed while players are playing the ball

Checks must be controlled check, 90 degree max. No one-handed stick checks.

No “Ice Pick” Check at any level.

**PENALTIES**

**Bantam**: Whistle stops play, ball is given to the team that was fouled.

Player who committed the penalty must sub off for a new player coming on the field.

Whistle will be blown before substitution complete

Penalties for coaches/spectators will be served by a player on the field (ramp up below).

**Lightning**: Time Serving @ time and half (Tech = 45 sec./Personal = 1:30.

(4 Personal Fouls or 5 min of Pers. = Disqualification)

Goalie Serves His Own Time for Personal Fouls

Checks to Head & Neck: Auto Non-Releasable

Unnecessary Roughness (UR):

1st Time = 1-2 min Non-Releasable (NR)

2nd Time = 2 min NR

3rd Time = 3 min NR & that player is disqualified

Every Additional UR is 3 min NR & that player is disqualified.

Fighting or 2 Unsportsmanlike Conduct = Ejection

Penalties for Coaches/Spectators: Flagged offenses are counted against the team not the individual.

1st = Conduct Foul warn coach/spectator - change of possession;

1st Flag = Technical Foul - Conduct - 30 sec player on field serves penalty;

2nd Flag = Unsportsmanlike - 1 min NR a player on the field serves penalty;

3rd Flag = Unsportsmanlike - 2 min NR - field player serves penalty and coach is ejected

4th Flag - Game ends and counts as final.

**EQUIPMENT**

Attack length only: 37-42” NO D POLES

Regulation NOCSAE Balls

**BLOWOUT**

Up by 8 or obvious blowout

Lightning: Trailing team will bring ball to midline

Bantam: Complete 2 passes before shooting on goal

MEET FIELD ADMIN. PRIOR TO EACH GAME