

**DFW LACROSSE  
BOY'S BANTAM LACROSSE  
2026 RULES WAIVERS  
REVISED ON 1/21/2026**

The 2025/2026 NCAA Lacrosse ONLINE ONLY Rulebook and the 2026 DFWL RULEBOOK VERSION 2.4 Rules will be used unless a specific modification is listed on this sheet. Parentheses indicate the section of the NCAA Rulebook which pertains to the modification.

**Site Administrator** ~ The home team will provide a Game Site Administrator. The role of Game Site Administrator may be combined with the home team's responsibility for a timekeeper. The Game Site Administrator will be responsible in-part for the administration of the Sportsmanship Card and insuring that the program policies are adhered to by all participants.

**GAME PERSONNEL (1-1) ~ K, 1st and 2nd grade teams:** Five players with a Hector the Rejector or six players if a goalie is used. 1 Hector or Goalie, 1 Defenseman, 1 Attackman, and 3 Midfielders. It is recommended that the home team supply both "Hectors"; however, the visiting team may provide one if the home team does not have two.

**3rd and 4th grade teams: 7v7 plus a goalie. 2 Attackmen, 2 Defensemen, and 3 Midfielders.**

**PLAYING FIELD (1-2) ~** A 60 x 55 field is recommended for K, 1st and 2nd grade teams.

For 3<sup>rd</sup> and 4<sup>th</sup> grade teams play on a shortened regulation size field. Shorten field by moving endlines by 10-15 yards, use existing sidelines, mark new endline and crease with cones. However, both Head Coaches may agree to play on any size field available. The home team is responsible for marking the field (with cones at a minimum).

**GOALS & NETS (1-3 & 1-5) ~** The goals & nets at game sites shall be legal as they are. The NCAA rules as to the color, size and type of pipe shall not apply. However, the home team should make every effort to comply with the NCAA rules & specifications. Hector the Rejecter is used at the K, 1st & 2nd grade level. It is recommended that the home team supply both "Hectors"; however, visiting team should have a "Hector" **goalie** available. 4 x 4 goals may be substituted if available.

**COACHING BOX, TEAM BENCH AREA (1-11) ~** A maximum of 3 coaches/assistants /trainers per team in the bench area or coaching box and no coaches on the field of play for K, 1<sup>st</sup> and 2<sup>nd</sup> grade teams.

**LIMIT LINES, SPECTATOR & MEDIA RESTRICTIONS (1-14)** Parents must sit on the opposite side of the field from the coaching area. This is league policy. It assists the coaches in keeping the players attention.

**CROSSE DIMENSIONS (1-17) ~** Player may have 36 to 40 inch crosses and they are not required to conform to the NCAA Crosse Specifications.

**PERSONAL EQUIPMENT (1-21) ~** All pads, including mouthpiece, are required. (1-21).

**TIMEKEEPER (2-11) ~** The Home team is responsible for a person to run the time clock and air horn. This person may also be responsible for the Game Site Administrator duties.

**LENGTH OF GAME (3-1) ~** There will be four 10 minute running clock quarters with a 5 minute half time. The clock will only stop for injury.

**SUDDEN-VICTORY OVERTIME (3-4)~**The score is not kept at this level therefore no overtime periods

**PLAY OF THE GAME (4) ~** The game is to be played with emphasis on the proper development of stick, team, and sportsmanship skills. All quarters will start with a faceoff no matter the score.

**During the normal course of play** *One pass ATTEMPT is required between two players in the offensive half of the field.* This pass does not need to be completed but must be attempted in an effort to teach players passing and ball movement. This also discourages a team from giving the ball to a very strong player who then runs through an entire defense to score. That is not teaching the proper way to play lacrosse.

**FACING OFF (4-3)** ~ Faceoff will occur after every goal with an emphasis on the officials to run to the center spot and be ready for the next faceoff. The teams should never be waiting on the official to take a face.

**Advantage Rule** At any time during the game if there is a 5 goal difference the trailing team will be awarded the ball at midfield. Coaches have the option to waive this and continue to face-off. If the free clear option is chosen each quarter will start with a face-off unless the quarter ends with a flag down.

**FACING OFF VIOLATIONS (4-4)** ~ The new rule where the player who violates cannot take the next faceoff **WILL NOT APPLY FOR BANTAM.**

**FACING OFF / Face off players positioning. (4-3-5)** ~ Each player shall have both hands and fingers wrapped around the handle of their own crosse and touching the ground. The crosses and gloves shall rest on the ground along the center line, parallel to each other up to, but not touching, the center line. The hand closer to the throat shall be in a palm-up position and shall not touch any part of the head of the crosse. The player's feet may not touch their crosse. Both hands and feet of each player shall be to the left of the throat of their crosse.

**Facing Off Violations (4-4)** ~ The new rule where the player who violates cannot take the next faceoff does not apply at the Bantam level.

**ADVANTAGE / ONE PASS RULE (4-5)** ~ **When there is a 5-goal advantage-** There must be a COMPLETED pass between two players in the offensive half of the field and the ball must go through X before attempting a shot on goal. This can be accomplished by running or passing through X. Once this is completed, the referee will announce the offensive team is "hot" and is able to attempt a shot.

If there is a shot that does not result in a goal as long as the offense recovers the ball on the ground or because the ball has gone out of bounds and the offense was closest, the offense is still hot and does not need to complete another pass. If a shot is taken before the referee confirms the offensive team is "hot", the ball will be awarded to the defensive team.

*Note: the ball may be either passed thru X, Passed then ran thru X or ran through X and then passed.*  
**The advantage rule may not be waived at this level.**

**SCORING (4-10)** ~ A team scores when the ball crosses the face of the plane of the goal. **A ball may not be rolled under Hector the Rejecter.**

**OFFSIDES (4-12)(4-13)** ~ Offsides does not apply to K, 1<sup>st</sup> and 2<sup>nd</sup> grade teams. At the 3<sup>rd</sup> and 4<sup>th</sup> grade level, offsides will be called when more than 5 players cross the midfield line. The ball is then awarded at midfield.

**ADVANCING THE BALL (4-15,4-16)** ~ Does not apply to K, 1<sup>st</sup> and 2<sup>nd</sup> grade teams, 4 second goalie count only for 3<sup>rd</sup> and 4<sup>th</sup> grade teams, with no requirement to achieve the attack zone.

**BODY CHECKING (4-15)** ~ Incidental body contact is allowed, however players must always play the ball. There is no "man-ball" or takeout checks. The definition of an illegal check: the player lowers his head or shoulder in an attempt to put another player on the ground or takes two or three running steps at an opposing player before making contact. Players may make contact in an upright position within 5 yards of the ball. *A ground ball situation in which there are multiple players "swarmed" around a ground ball will be considered a play-on situation. If no possession is gained then the ball is awarded by alternate possession. The intent is to prevent injuries and to keep the ball off the ground as much as possible.*

**GOAL MOUTH AND DIVING (4-21)** No offensive player may be in the opponent's goal crease area during live play. There is no Goal Mouth for Bantam games and NO Diving is allowed! Diving into the goal crease area shall be an immediate turnover, regardless of whether the ball went into the goal. If contact is made with the goalie, the player shall leave for the remainder of the half. Repeated violation of this rule by the same player will result in disqualification from the game.

**SUBSTITUTION (4-23)** ~All substitutions will be on the fly.

**OFFICIAL TIMEOUTS (4-26)** Officials are required to call timeout if there is an apparent injury.  
**TEAM TIMEOUTS (4-27) ~ No time outs at the bantam level. The 2 minutes in between quarters may be used for this purpose.**

**SLASHING (5-7)** ~ all stick checks must be two-handed. One-handed checks should be called as a “slash”. A Slash does not have to make contact with a player or his stick to be a penalty. This is a developmental league for many of our players and these are good habits to reinforce, especially during a game.

**UNSPORTSMANLIKE CONDUCT (5-4)** ~ **No player, substitute, non-playing member of a squad, coach, parent or anyone officially connected with a competing team shall: Use threatening or profane language or gestures at any time during the game. Continual question of official's calls or non-calls in an argumentative manner or to attempt to influence calls will be considered unsportsmanlike conduct.**

**2024 HELMET RULE (6-6-AA)** ~ During a live ball scenario within the scrimmage area, anytime a player's helmet comes off their head the officials will stop play immediately. That player is required to leave the field of play. Play is to be restarted once that player reaches the substitution area, and that player may not return until the next dead ball after the restart of play.

**PENALTY ENFORCEMENT (7-1)** No penalties are served by bantam players however they must be substituted. ***The slow whistle technique will not be used at the bantam level.***

**DFW LACROSSE  
BOY'S YOUTH LACROSSE  
2026 RULES WAIVERS  
REVISED ON 01/21/2026**

The 2025/2026 NCAA Lacrosse ONLINE ONLY Rulebook and the 2026 DFWL RULEBOOK VERSION 2.4 Rules will be used unless a specific modification is listed on this sheet. Parentheses indicate the section of the NCAA Rulebook which pertains to the modification.

These rules exist to promote the appropriate development of the game/players at the youth level.

**SITE ADMINISTRATOR** ~The home team will provide a Game Site Administrator. The Game Site Administrator will present themselves to the referee prior to the opening face-off. The Game Site Administrator will be responsible in-part for the administration of the Sportsmanship Card and ensuring that the program policies are adhered to by all participants.

**PLAYING FIELD (1-2)** ~ Play on regulation size field is preferred. However, both Head Coaches may agree to play on any size field available.

**GOALS & NETS (1-3 & 1-5)** ~ the goals & nets at game sites shall be legal as they are. The NCAA rules as to the color, size and type of pipe shall not apply. However, the home team should make every effort to comply with the NCAA rules & specifications.

**TABLE AREA, TEAM BENCHES (1-10)** ~ Only players serving penalty time, players ready to substitute on the fly, and official scorers and timers are allowed in the special substitution area. The home team may have three adults in this area: One to keep score, one to work the game clock and one to track penalty time. The Visiting team is permitted a maximum of two people in the table area. If the Home team cannot provide enough adults, the visiting team will be expected to perform these tasks.

**COACHING BOX, TEAM BENCH AREA (1-11)** ~ A maximum of 3 coaches/assistants /trainers per team in the bench area or coaching box.

**LIMIT LINES, SPECTATOR & MEDIA RESTRICTIONS (1-14)** ~ Limit lines are not required, however, spectators and media are not allowed behind the end lines or immediately behind the benches or table areas. Spectators attending will watch games from the opposite side of the field from coaches and players. Site Administrators are responsible for enforcing this rule and should remind coaches and spectators to comply. Any violation of this rule will result in a delay of game penalty being called. Exception: If field constraints require that spectators be on the same side of the field as the bench area they should remain a reasonable distance from the bench area and refrain from coaching their children.

**THE BALL (1-16)** ~ A minimum of 4 balls shall be available at each endline and where field restrictions dictate sideline balls may be kept in a bag at the table.

*Note: if neither team can supply NOCSAE legal balls the game will not be played.*

**CROSSE DIMENSIONS (1-17)** ~The crosse will conform to NCAA length, and pocket depth however the head does not have to comply with the current NCAA rule. Officials may perform stick checks at their discretion.

**PERSONAL EQUIPMENT (1-21)** ~ Home teams are responsible for contrasting jersey colors and will wear pinnies, if needed. Shorts, under jerseys, compression shorts and sweatpants may vary in color but under jerseys must be tucked in if extending below the waist.(*Exception: If the under jersey is an integral part of the uniform or team name or logo is displayed the jersey may remain untucked.*) Gloves may vary in color. Worn out or cut out gloves are not permitted. The top side of fingers must be protected, fingers must remain in the gloves. Gloves deemed unsafe will be removed from play but no penalty assessed. Baseball shoes (metal / hard plastic cleats) and hockey helmets are not permitted. Cups and rib pads are recommended and goalies can wear arm pads and shin guards as long as they are not oversized. Mouth guards must be properly used.

**TIMEKEEPER (2-11)** ~ The Home team will provide the timekeeper. If the Home team cannot provide a timekeeper the visiting team will do so. At all game sites, the Official shall end each period with a sounding of a whistle, whether or not the field is equipped with a visible game clock and a loud automatic horn.

**SHOT CLOCK OPERATOR (2-12)** ~ Not required

**LENGTH OF GAME (3-1)** ~ The regulation playing time of a game shall be 60 minutes, divided into 4 periods of 15 minutes each with a 5 minute half time. Exception: If weather or waning light warrants an abbreviated playing time both head coaches must agree to the time. Stop clock for injury time out and in the last two minutes of the game.

**SUDDEN-VICTORY OVERTIME (3-4)** ~ In the event of a tie at the end of regulation, a single 4 minute sudden-victory overtime period will be played for regular season games. One time-out per team will be allowed in OT. Playoff games will include as many sudden-victory overtime periods as necessary to determine a winner. One time-out for each team will be granted for each OT period.

**TEAM TIMEOUTS (4-27)** ~ Each team will have two timeouts per half. Same as NCAA Rules. The ball must be below their offensive restraining line. **Note:** The clock does not stop for a timeout except for the last two minutes of the game.

**PLAY OF THE GAME (4)** ~ The game is to be played with emphasis on the proper development of stick, team, and sportsmanship skills.

**FACING OFF / Face off players positioning. (4-3-5)** ~ Each player shall have both hands and fingers wrapped around the handle of their own crosse and touching the ground. The crosses and gloves shall rest on the ground along the centerline, parallel to each other up to, but not touching, the center line. The hand closer to the throat shall be in a palm-up position and shall not touch any part of the head of the crosse. The player's feet may not touch their crosse. Both hands and feet of each player shall be to the left of the throat of their crosse. Each player shall be positioned so their entire body is to the left of the throat of their crosse. It is legal to lean over the centerline.

**FACING OFF (4-3) Advantage Rule** At any time during the game if there is a 5 goal difference the trailing team will be awarded the ball at midfield. Coaches have the option to waive this and continue to face-off. If the free clear option is chosen each quarter will start with a face-off unless the quarter ends with a flag down.

**FACING OFF VIOLATIONS (4-4)** ~ The new rule where the player who violates cannot take the next faceoff **WILL APPLY FOR YOUTH 5TH-8TH GRADE GAMES.**

**ADVANTAGE / ONE PASS RULE (4-5)** ~ If at any time during the game there is a 5-goal difference. The trailing team will be awarded the ball at midfield. All Youth Teams with a five-goal lead are required to complete one pass through to "X" before attempting a shot on goal. X is defined as the area directly behind the goal. Requirement is reset with change of possession. *Note: the ball may be either passed thru X, Passed then ran thru X or ran through X and then passed.*

- The 1-Pass and Advantage rule may be waived at this level. If waived coaches are encouraged to play within the spirit of the game.
- The Advantage and 1 Pass Rule will not be implemented during play-offs

**OFFSIDE ENFORCEMENT (4-13)** ~ Offside is a technical foul and the ball shall be awarded at midfield. FREE CLEAR.

**ADVANCING THE BALL INTO THE ATTACK AREA (4-15)**

Upon gaining possession a team must advance into its attack area within 30 seconds. The clearing count is reset with change of possession, a whistle or a foul.

## **RULES ONCE THE ATTACK AREA IS GAINED/OVER AND BACK**

a. **Description.** Once the ball has been cleared it shall not return to the defensive half of the field by offensive actions.(errant pass etc.)

b. **Exceptions.**

1. **A shot that leaves the offensive half of the field,**
2. **A loose ball that is last touched by the defense crosses the midline.**

*Note: In the above situations a new clearing count is initiated.*

*Note: A defensive player standing at the mid line may bat the ball to prevent over and back but may not possess the ball.*

3. **This rule applies to all youth levels and divisions.**

**BODY CHECKING (4-17)** ~ “Limited” Body checking is permitted. However, members agreed that “take-out” checks would not be taught or tolerated on the field of play. “No Tolerance”, Take-out checks, as defined as follows:

- 1) Definition: A Take-out check is when the player lowers his head or shoulder with the force and intent to take out (\*put on the ground) the other player.
- 2.) Any body check considered more aggressive or more physical than necessary to stop the advancement of a player with possession or to keep or move a player away from a loose ball. This includes but is not limited to; any check where a player makes contact with sufficient force and intent to knock down or injure an opposing player or any check made in a reckless or intimidating manner.
- 3.) Any take-out check will be penalized as “unnecessary roughness”. The offending player will serve a 2 or 3 minute, non-releasable penalty. An excessively violent violation of this rule may result in an ejection.**

**GOAL MOUTH AND DIVING (4-21)** No offensive player may be in the opponent’s goal crease area during live play. There is no Goal Mouth for youth games and NO Diving is allowed! Diving into the goal crease area shall be an immediate turnover, regardless of whether the ball went into the goal. If contact is made with the goalie, the penalty shall be a 1 to 3 Min Unsportsmanlike Conduct penalty.

**OFFICIAL TIMEOUTS (4-26)** ~ Officials are required to suspend play immediately when they see a player is injured and that player is not re-entering the game. The Player’s coach should tend to the player and remove him from the field of play as soon as possible. Whether or not a player is in the scrimmage area is not important. Our first priority is safety. The injured player must leave the field until the next dead ball situation.

**SLASHING (5-7)** ~ All stick checks must be two handed. A slash does not have to make contact to be a penalty if, in the judgment of the official, the player did not exhibit control. This is a developmental league for many of our players and these are good habits to reinforce.

**SLASHES TO THE HEAD ARE RELEASABLE FOULS. WE DO NOT LOCK-IN SLASHES.**

**UNSPORTSMANLIKE CONDUCT (5-4)** ~ No player, substitute, non-playing member of a squad, coach, parent or anyone officially connected with a competing team shall: Use threatening, profane or obscene language or gestures at any time during the game. Non-compliance of this rule will result in a one-minute, non-releasable penalty.

**Inappropriate conduct by a team official, player, coach or spectator has cannot be tolerated. This conduct must be dealt with immediately and if possible adhere to the following sequence:**

**Verbal warning**

**Technical Foul**

**Personal Foul**

Spitting, cursing or touching an official enables an official to bypass the above sequence.

Games are played under the auspices of the USA Lacrosse Sportsmanship Card which prohibits poor fan, coach or player behavior and authorizes the officials to cancel the game if the behavior continues.

**ILLEGAL PROCEDURE (6-6)** ~ A field player may not assume the position of goalie (without the proper goalie equipment). This is a safety issue, no slow whistle, play will be stopped immediately and a technical foul awarded.

**2024 HELMET RULEe (6-6-AA)** ~ During a live ball scenario within the scrimmage area, anytime a player's helmet comes off their head the officials will stop play immediately. That player is required to leave the field of play. Play is to be restarted once that player reaches the substitution area, and that player may not return until the next dead ball after the restart of play.

**STALLING (6-11)** ~ It shall be the responsibility of the team in possession to attack the goal. A team in possession of the ball in its offensive half of the field will be required to "get it in (10 second count)/keep it in" the attack area if:

- At any time during the course of the game, if in the judgment of the officials, that team is keeping the ball from play by not attacking the goal.
  - *Exception: If the offensive team has the ball in the attack area and the defensive team is not playing the ball. The defensive team must attempt to play the ball within the attack area in order for a stalling warning to be issued against the offensive team. This exception does not apply outside the attack area, but the offensive team's responsibility to attack the goal remains.*
- Automatically, in the last two minutes of the fourth quarter if the team in possession is leading. When a team is warned for stalling in the attack area, a "keep it in" warning will be administered. *Note: If the score is tied, neither team is required to keep the ball in the attack area, unless warned to keep it in. (See item No. 1 above.)*
- Once a stalling warning has been issued it will remain in effect until:
  - The defensive team gains possession
  - A goal is scored by the offensive team
  - The period ends, resulting in a faceoff
  - The offensive team causes the ball to go outside the attack goal area and touches the ball before the defensive team gains possession. In this case a stalling violation is called, and the defensive team is awarded the ball.
- Once a warning has been issued, a stalling violation will be called if the ball comes out of the attack goal area in any manner, except for the following:
  - A shot by the offensive team; or
  - A loose ball leaves the attack area after last being touched (or deflected) by the defensive team. *NOTE: In both of these 2 situations above, if Team A regains possession a NEW 10-second count starts and they will have to get it in the box and keep it in the box.*

**PENALTY ENFORCEMENT(7-1)**~Fouls by the goalie will be served by the In Home.

Exception: The goalie will serve unsportsmanlike conduct violations.

*Note: replacement goalie will be given a two minute warmup period.*