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Adult Lacrosse League Rules

The League or the City of Syracuse will not be responsible for injuries or property damage to any team players, coaches, or other participants in the Syracuse City Recreation Lacrosse League. There is no accident or injury insurance provided through the league. It is up to the teams or individual participants to provide their own medical and property insurance.

The following are special By-Laws and rules governing the Recreation Lacrosse League of the City of Syracuse for 2023. The official 2023 NCAA Lacrosse Rules will apply in any situation not covered herein.

League Fees

\$100.00	City Field Fee
\$175.00	League Registration Fee
\$110.00	Performance Bond - Refundable to manager if team does not forfeit any games or is fined.
\$385.00	TOTAL

Registration

- A. All teams may begin registering on **Wednesday May 3, 2023** at the Athletic Department, **412 Spencer St. Syracuse, NY 13204**
- B. \$385.00 MONEY ORDER OR CORPORATE CHECK, payable to "Recreation League " and roster are needed for official registration.

ABSOLUTELY NO TEAM MAY REGISTER WITHOUT PAYMENT OR ROSTER.

Refund Policy

- A. Teams who officially drop from the league will receive refunds based on the following schedule:

Date Drop By	Refund Total
Friday June 2nd	Full Refund
Friday June 3rd	No Refund

- B. The League will **NOT** make partial refunds to teams.
- C. Teams who omit or submit incorrect or illegible information concerning the night they cannot play and subsequently drop from the league after registration will automatically forfeit their entire performance bond.
- D. Performance bond will be returned **ONLY** to teams who have not forfeited 1 or more games. Refunds are mailed back to listed manager after the final game of the playoffs has been played.

Officials Fees

- \$60.00 Normal Game Fee, past half time.
\$30.00 Game Started, but not completed before half.
\$110.00 Forfeit Fee (paid by forfeiting team- taken out of bond)

- A. Each team is required to pay the \$60.00 (**exact cash**) officials fee PRIOR to the game started or risk forfeiture. **Officials and scorekeepers do not have change!**
- B. In case of Forfeit, the forfeiting team is responsible for the FULL fee which is paid to the Referees through the Recreation Office, not by the team at the forfeit. The money is taken out of the forfeiting team's performance bond.

Player Eligibility

- A. **AGE:** All players must be 17 years of age or older.
- B. All players can only play on **ONE** team. Exception: Goalies may play on 2 teams up until playoffs.
Masters: Players can play on both a masters team and a Men's A or B team.
- C. Professional players (i.e.: PLL) ARE ALLOWED to play in the City Rec League. Those players or any other players cannot be paid to play in the Rec League to protect the eligibility of college players participating in the league.
- D. Pursuant to NCAA regulations, no team can have more than 5 players, currently matriculated at the same NCAA institution, playing on the same City Rec. team.
- E. **MEN'S OVER 30 (MASTERS):** All players must be 30 years old by June 1, 2023.

Roster

- A. A **TYPED** roster must be submitted by June 9, 2023.
- B. Maximum number of players allowed is 25 for Men's A, B and Women's.
Masters: Maximum number of players allowed is 30.
- C. Manager's and Captain's addresses MUST be typed. They must be different addresses, emails and phone numbers.
- D. **No changes in player roster may be made after July 7th 2023.**
- E. Roster adds must be submitted in writing to the Athletic Department 24 hours before the day of the game.
- F. Players are allowed to change teams one time only. A release from the original team must be signed by the team manager and submitted to the Athletic Department.

- G. Anyone playing on two different teams in the league, without properly being released will be suspended from the League and the game he/she participated in illegally could be forfeited.
- H. Use of ineligible players could result in the game in which he/she participated to be forfeited. This violation will also subject the player and team Manager to indefinite suspension from the League. Opposing team may question the eligibility of players. Offending team is also subject to be fined up to \$110.00. When the situation arises, protests are to be made at the game and also in writing to the Athletic Department within 24 hours of said game (see Protests).
- I. Once submitted on your original roster, managers cannot be changed EXCEPT by written notification with original manager's signature or by direction of the Board of Directors via the appeal process.

Game Day Guidelines

- A. **GAME DURATION:** Games should not exceed one hour (except for "Overtimes"). The clock will start close to your starting time when the referees are ready to start the game. There is no "Time Limit" on games.
- B. **GRACE PERIOD:** Grace period is 5 minutes for ALL games. The time clock will start at game time when the officials are ready to start the game. Once the clock hits 20:00 minute mark, game will be declared a forfeit if at least 8 players are not present at the field to start the game.
- C. **BALLS:** League will supply game balls. Teams must supply practice balls.
- D. **PLAYING FIELD:** All games are played on full size regulation "Safety Turf" Fields at Valley Stadium and Sunnycrest Athletic Complex.
 - 1. NO dogs, pets, bicycles or skateboards allowed in the stadiums.
 - 2. NO gum, candy, food, alcohol, or tobacco products allowed on the playing field.
- E. **FIELD PERSONNEL:** A maximum of 3 non-uniformed personnel are allowed on the field or in the bench areas (coaches, trainers, managers, etc.). No one under the age of 17 is allowed on the field or bench areas. Children and spectators must sit in the stands or stand outside the restraining fence.

Playing Rules

- A. **TIME LIMIT:** All games will consist of two 25 minute running halves. Clock stops the last minute of the 1st half and the last 2 minutes of the 2nd half and overtime periods. There will be a 30 second shot clock enforced in the last 2 minutes of the game and in each overtime period.
 - Masters:** There will be a 45 second shot clock enforced in the last 1 minute of 1st half and 2 minutes of 2nd half.
 - Women's:** There will be a 45 second shot clock enforced in the last 1 minute of 1st half and 2 minutes of 2nd half.
- B. **SHOT CLOCK:** Once a player clearly has possession of the ball (control) the shot clock starts. That team loses possession ONLY when a player from the opposing team clearly obtains possession (control) of the ball or is determined by the referee on a missed shot. On a "shot clock" violation, the ball is cleared from the spot of the violation.
- C. **TIME OUTS:** The clock stops on "time-outs." Each team will be awarded 1 timeout per half, not to accumulate. Time-outs are 1 minute. Teams playing at Sunnycrest Auxiliary should be aware that anytime balls are thrown to the north end of the field and go to the fence or the southwest end near the garage, the clock will stop for up to 10 seconds to allow players to retrieve the ball.

- D. **"Two minute restraining box"** rule applies for Men's League ONLY.
- E. **NO "10 second advance rule"** for Women's League.
- F. **"On the Fly"** substitutions only. No sideline horns.
- G. **VIOLATIONS ON FACEOFFS:** On any violation during a face-off, the offending face-off player does NOT have to leave the field after violation. He may remain on the field and play defense after the whistle. This is the High School rule that we are using instead of the NCAA rule due to lack of bench players in some games.
- H. **TIE-BREAKERS:** If a game ends in a tie, there will be a "Sudden Death" overtime played. The clock stops and the 30-second shot clock is in effect for the last 2 minutes of each overtime period.
- I. **LIMITED CONTACT RULES:**
 - 1. Officials are required to penalize any questionable rough play or uncontrolled sticks (slashing).
 - 2. Any contact interpreted as "intent to injure" will subject player to immediate expulsion from the game, a one game suspension, and probation for the remainder of the season.

VIOLATORS NO NOT HAVE TO BE WARNED PRIOR TO BEING EJECTED FROM THE GAME.

Standings

- A. If a team notices incorrect standings they should contact the Athletic Department and leave a message as soon as possible to avoid confusion. Teams should not base game strategy on published standings due to occasional inaccuracies.
- B. Standings will be published weekly on the website (www.syracuse.ny.us/parks).

Forfeits

A team is subject to forfeit a game for any of the following infractions:

- 1. Using an ineligible player. A player can only play on one (1) team in the Recreation League.
- 2. Failure to field a team of at least eight (8) eligible players within five minutes of the scheduled game time. Teams must be dressed and at the site.
- 3. In case of forfeit, the forfeiting team is responsible for the FULL fee which is paid to the officials through the Recreation Office from money on deposit in their performance bond, not by teams at the forfeit. Teams will not harass referees when a forfeit is declared, or risk suspension from the League.
- 4. Forfeits will result in a team being dropped from the League unless forfeit fund is replenished within 48 hours of 1st forfeited game. Teams that are dropped from the League or don't finish the season, forfeit all league fees to the league treasury.

Cancellations

At the game site the referees make the final determination whether or not a game shall be started or continued based on the fitness of the grounds or intensity of the weather (lightning). All games are played on "Safety Turf" fields. These fields are not affected by rain. If the game becomes dangerous due to weather, the referees will stop the game for up to 20 minutes to evaluate weather. If the game cannot be continued after 20 minutes, game is cancelled. Games will not be played if any lightning present.

Make-Up Games

Games will be rescheduled by the Athletic Department on regular League nights (Sundays, Mondays, Tuesdays, Wednesdays) or If necessary, other nights. Teams will be notified.

Protests

- A. **PROTESTS:** Scorekeepers must be notified that game is being protested before or during games. You cannot file a roster protest AFTER the game is over (horn sounds).

Only **ROSTER PROTESTS** will be considered, referees' decisions are final on all game situations.

- B. All written protests must be submitted within 24 hours of supposed infraction along with \$15.00 fee.
- C. Teams who fail to list both Manager and Captain with correct, legible addresses and phone numbers will not receive and consideration in case of miscommunication that results in a forfeit, a disadvantage, or a lost refund check for the offending team.

The League Officer will issue a decision on anything that is NOT covered by league rules.

Player Conduct

- A. **DRINKING:** Any team allowing players to drink during the games or spectators to drink in the bench area will be subject to suspension and/or forfeiture of game or ejection from the league. There are NO alcoholic beverages allowed in the PARKS.
- B. **TRASH:** If there are trash cans at your field, please use them. If not, please take your litter with you. All teams are required to clean up their bench areas and any mess left in the parking lots after their games. **Any trash left behind will result in a loss of your forfeit bond as well as a loss for every game played that night.** In order to stay in the league, teams must replenish their forfeit bond.
- C. **UNSPORTSMANLIKE CONDUCT:**
1. Unsportsmanlike actions by a team or a team member may result in ejection or suspension. Unsportsmanlike actions include and verbal or physical abuse directed at any player, a fan, or umpire (i.e.: swearing, fighting, intimidation).
 2. Teams are responsible for their fans while at the facility. Unsportsmanlike actions by team spectators can subject team to disciplinary action by the League Officials. All fans must stay in the designated areas.

D. **PROFANITY:** No profanity allowed or risk immediate penalty/ejection.

E. **SHARING FACILITIES:**

1. Due to a shortage of adequate facilities, the Recreation Lacrosse Leagues share the fields with City High Schools, Middle Schools Athletic Programs, and Youth Leagues (Football, Soccer and Lacrosse). Every effort is made to avoid scheduling conflicts between their contests and our lacrosse games. Occasionally, the school/youth games will run over into our scheduled starting time.
2. In the event your game is affected by any of these situations, City Rec. Lacrosse teams are NOT to harass, intimidate, or taunt players, coaches, or fans in any way. Any team reported to be in violation of this directive is subject to dismissal from the City Rec. Lacrosse League.

F. **PARKING:** Please park legally. Do not park on the grass.

Suspensions/ Penalties

A. Any player ejected from a lacrosse game is **AUTOMATICALLY SUSPENDED FOR ONE (1) GAME** and placed on probation for the remainder of the season. That suspension must be served on their next scheduled game that their team actually plays. Any player who participated in the next game after they are ejected from the previous game is ineligible and subject to indefinite suspension from the League. Forfeits, rainouts and any other cancellations **DO NOT COUNT** as games sat out.

B. **NOTICES OF THESE SUSPENSIONS WILL BE MAILED OR EMAILED TO LEAGUES ONLY WHEN FEASIBLE. TEAMS ARE RESPONSIBLE FOR ENFORCING THESE SUSPENSIONS EVEN IF THEY DO NOT RECEIVE A WRITTEN NOTICE.**

C. Displays of flagrant unsportsmanlike behavior will subject players to longer suspension.

D. **FIGHTING:** A player is automatically suspended from the league for three (3) games and placed on probation for the remainder of the season. Players identified by officials who are deemed "Non-combatant Peacemakers" will not be subject to suspension.

E. Suspended player(s) are not allowed to sit on his/her bench while he/she is suspended. If the suspended player(s) is watching his/her or any other team play and he/she is abusive toward any player, official, scorekeeper or fan he/she can receive additional suspension or be dropped from the league.

F. **PENALTIES:** All penalties (and cards-women) will be issued and kept track of by the game officials.

Refs will keep track of all penalties on the field:

1 minute- technical

2 minute- personal

Last two minutes of the game and last minute of 1st half:

30 second- technical

1 minute- personal

DELAYED PENALTY: The City Recreation Lacrosse League uses the "DELAYED PENALTY" NCAA rule pertaining to when the play is stopped after a penalty flag is thrown. After flag is thrown, play is not stopped until:

1. There is a change of possession.
2. A shot is taken.
3. The ball is either taken or dropped outside of the "restraining box."

Play does NOT stop when the ball is dropped inside of the "restraining box."

Uniform Rule

- A. All players **MUST** wear the same colored shirt with a legible number on the front or back.
- B. **JERSEY COLOR:** All teams must register their jersey color upon registration.
- C. **JERSEY NUMBERS:** In an effort to keep accurate statistics, Managers are asked to send in jersey numbers of their players to be added to our score sheets. Managers please check your roster for correct numbers at the game site with the scorekeeper prior to your game.
- D. **EQUIPMENT:**
 - 1. Players must wear all mandatory equipment.
 - 2. All goalies must wear a chest protector, throat guard, and padded gloves.
 - 3. For safety reasons all players in the game **MUST** have their chin strap snapped on both sides to secure their helmet. NCAA rule for players in violation of this rule is loss of possession. Officials are asked to be more vigilant and strictly enforce this rule.
 - 4. All women players must wear approved goggles/eye protection.

Roster

All rosters must be TYPED. Our website has a form that can be typed in and printed off.

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