



JANUARY 2021

2021

Girls' Youth Rules

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WELCOME





US Lacrosse Rules Committee

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Youth Rules Book



- Included in USL membership.
- Free PDF version available online:
www.uslacrosse.org/rules/girls-rules

USLACROSSE RULES INTERPRETATION VIDEO LINK

<https://www.youtube.com/watch?v=yYSeG5ladtY>

2021

Points of Emphasis





US LACROSSE POINT OF EMPHASIS

Zero Tolerance

US Lacrosse encourages organizations, leagues, and tournaments to adopt an anti-harassment and discrimination policy.

- The USL policy can be at the following link:

<https://www.uslacrosse.org/about-us-lacrosse/policies>



US LACROSSE POINT OF EMPHASIS

Zero Tolerance

US Lacrosse promotes a zero-tolerance for dealing with unsportsmanlike behavior.

- Zero tolerance disallows complacency regarding unsportsmanlike behavior by:
 - coaches
 - officials
 - spectators
 - players



US LACROSSE POINT OF EMPHASIS

Zero Tolerance

US Lacrosse encourages officials to penalize unsportsmanlike conduct ranging from:

- arguing calls,
- threatening individuals,
- profane or obscene language.



US LACROSSE POINT OF EMPHASIS

Zero Tolerance

US Lacrosse encourages officials to penalize unsportsmanlike for any behavior which intimidates or degrades others including discrimination based on:

- race
- color
- religion
- Ancestry
- national origin
- sexual orientation, gender identity and expression
- mental, physical or sensory disability

Starts and Restarts

POE focuses on starts and restarts during this second season of self-starts.

- Officials should not disadvantage the ball carrier when resetting play on a self-start.
- Players must recognize the call being made and self-start within playing distance of the foul.
- If a whistle start is required and a player self-starts, a false start penalty will be administered.

Delay of Game – Self-Start

POE focuses on delay of game outside the CSA.

- Players shall be penalized when they repeatedly:
 - ✓ Attempt to self-start beyond a playing distance.
 - ✓ Fail to stand when required.
 - ✓ Fail to move when directed.
 - ✓ Encroach on ball carrier prior to play commencing.
- Officials are encouraged to manage delays with a warning and use of delay of game cards.

Repeated Fouls

POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.

- Repeated fouls:
 - ✓ Disrupt flow of play.
 - ✓ May result in dangerous play.
 - ✓ Place players at risk.
- Officials should:
 - ✓ Be aware of situations when teams and players continually foul.
 - ✓ Utilize warnings change players' behavior.
 - ✓ Administer cards when appropriate.

2020 – 2021

Girls Youth Rules



Stick Check Procedure

Check stick to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.



Equipment Clarification Eyewear

Eyewear:

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.



Goalie Chest Protector

"Coach, do you certify that all of your teams' equipment is legal under the rules, including a legal goalkeeper chest protector as required for the 2021 season?"



Equipment Modifications

ILLEGAL FACE
SHIELD

Equipment Modifications:

- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.
- No adornments or accessories allowed such as:
 - ✓ Face shields
 - ✓ Mohawks
 - ✓ Go Pro Cameras
- Paint, decals and tape are permitted.



Use of Electronic Devices

Replay Equipment:

- Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official's decision.



Free Movement

- Rules have changed so the ball is no longer “dead” when the official blows whistle and all players are no longer required to “stand”.
- New rules allow free movement of players.



The Draw

Players on Field:

- Any number up to 12 players of each team may be on the field before the start of each draw.
- ✓ Not applicable to 8U and 10U because games played with less than 12 per team.
- ✓ Not applicable to 12U if teams are playing 8v8.



Resuming Play on Boundary Balls

Resuming Play:

When a ball goes out of bounds:

- Opponent nearest the ball shall bring ball inbounds.
- Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds.
- Opponents must give the ball carrier 2M of free space (stick and feet) from where she steps inbounds.





Resuming Play on Shots Out of Bounds

Shot or Deflected Shot:

- When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.
 - ✓ Ball carrier shall bring ball inbounds according to the boundary rules.

Minor Fouls - Covering

Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.





Major Fouls – Check to the Head (Mandatory Card)

- No player's crosse may hit or cause her opponent's crosse to hit the opponent's head or neck.



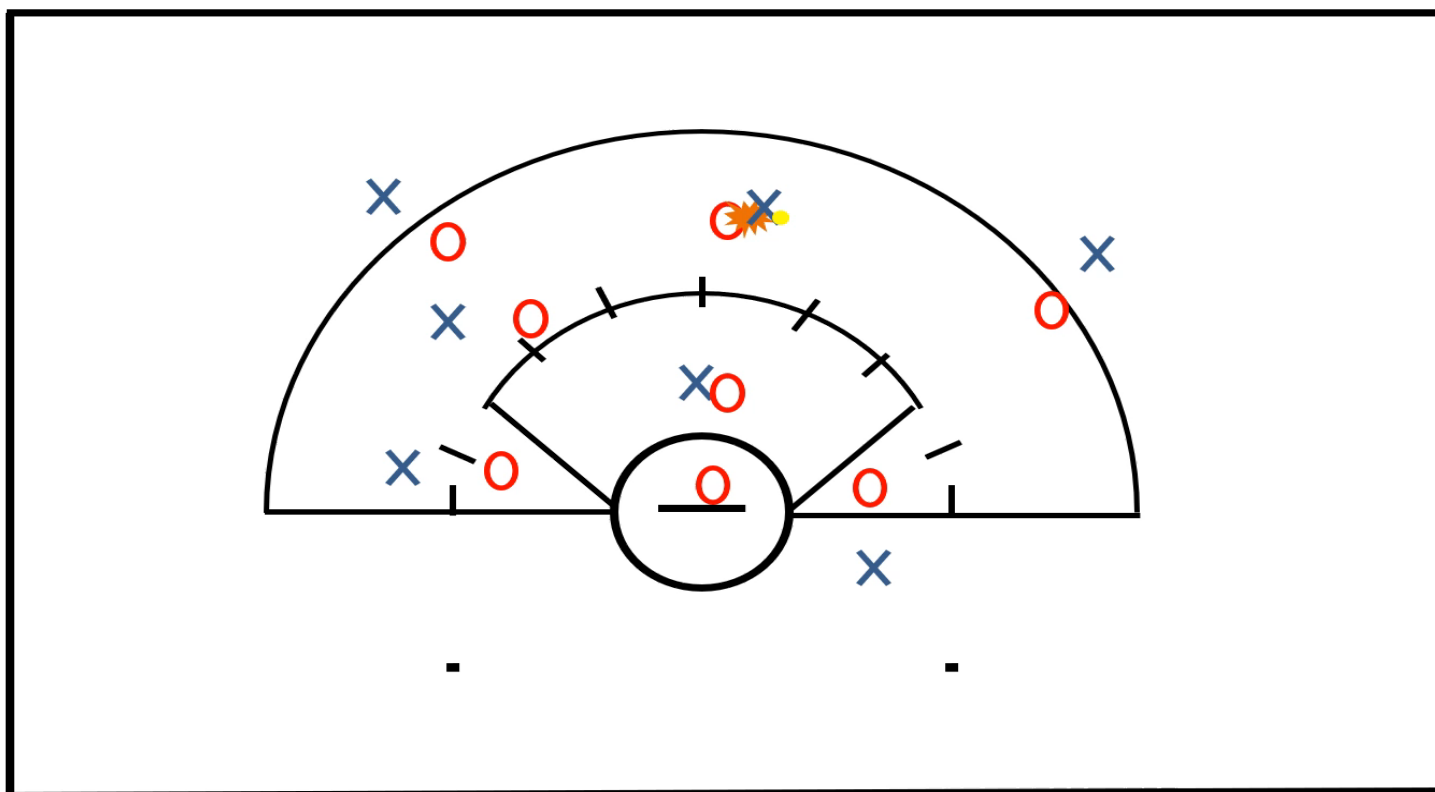
Major Fouls – False Starts

- New rule states a False Start occurs when players self-start when self-start is not an option.
- Note: Self-start is not an option when:
 - ✓ Game clock is stopped;
 - ✓ Offside foul;
 - ✓ Foul in the CSA, excluding boundary restarts;
 - ✓ Alternating possession;
 - ✓ Inadvertent whistle; or
 - ✓ Goal is scored.
- The new false start rule does not apply to 8U and 10U.

Major Fouls

Rule 10-1 Penalties 5

Major Foul between 8m and 12m



Rules Specific to Youth:



Defining an Illegal Cradle

An ILLEGAL CRADLE is when the ball carrier holds the head of her crosse, with or without cradling, within a 7-inch sphere surrounding the head in all directions or close to her body or teammate's body.



Timeouts

Team Time-Outs:

- 8U: 1 two-minute time-out per game.
- 10U: 1 two-minute time-out per game.
- 12U: 2 two-minute time-outs per game.
- 14U: 2 two-minute time-outs per game.

Rules Interpretation Questions

Email: girlsrules@uslacrosse.org

- Indicate “level of play” for the question.
- Identify the applicable Rule number and Rules Book pages.

THANK YOU

***THANK YOU and have a
great season!!***



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US Lacrosse, Chair



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