

**USA<sup>TM</sup>**  
**LACROSSE**



**2024 GIRLS' YOUTH LACROSSE RULES INTERPRETATION**

**Barbara Martinichio, USAL Youth Rule Chair | JANUARY 2024**



The image features a solid red background. It is decorated with several horizontal borders of small white stars. These borders are located at the top, bottom, and on the left and right sides, framing the central text. The stars are arranged in a slightly wavy pattern.

# POINTS OF EMPHASIS

# Sportsmanship

The rules committee wants to emphasize the critical role of sportsmanship in the **safety and positive experience** for the student athlete.

Sportsmanship is based on a **respect for the rules** of the game and for one's opponent.

The committee encourages officials to provide **effective communication** and game management to help **deter acts of unsportsmanlike conduct**.

When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards.



# **STICK TO BODY CONTACT**

**Legal and safe use of the crosse is essential** for the minimization of risk to players.

**Players must not initiate stick-to-body contact by using the stick to hit, push or displace an opponent.**

**Officials must recognize, call, and penalize illegal stick-to-body contact** as required by the rules.



# DANGEROUS PLAY IN THE 8-METER ARC

Players need to **play safely** in this area by maintaining control of their stick and their body, avoiding stick to-body contact, shooting safely, and not pushing opponents.

**Controlled and safe play** in the 8-meter arc coupled with effective officiating can significantly decrease injuries while maintaining the pace of play and the **integrity of the game.**



# PROFESSIONALISM

USA Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to **avoid the use of excessive dissent or abusive language** and reminds coaches to stay in his or her coaching area. **The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.**



The image features a solid red background. It is decorated with four horizontal borders of small white stars. The top border is a single row of stars. The second border from the top is a double row of stars. The third border from the top is a single row of stars. The bottom border is a double row of stars. The text 'YOUTH RULES CHANGES' is centered in the middle of the page.

# YOUTH RULES CHANGES

The image features a solid red background. It is decorated with several horizontal borders of small white stars. One border is at the top, another at the bottom, and two on the left side. A single border of stars is also on the right side, positioned roughly halfway down. The text 'RULE CHANGES' is centered in the middle of the page.

# RULE CHANGES



# RULE CHANGE

» **10-1r USAL Youth Rules prohibits stick to body contact actively initiated by defense.** This rule provides guardrails for the 14 and under athlete to develop a foundation of safe defensive skills.



# Initiate contact vs. Mutual contact



# Incidental/Mutual Contact must not “Ride”



# NO RULE CHANGE: Please Note

» **Self-Start (5-4-1)** USAL Youth Rules will continue to **require a player to momentarily pause** when self-starting for appropriate skill development and game management.



# RULE CHANGE

## CROSSE INSPECTION - STICK CHECKS

- Stick checks may be requested prior to the start of the draw, before the official's hand is in contact with the sticks.
- Stick checks may be requested at any time in a game during a stoppage of the game clock ... immediately following goals ... in which players are still on the field prior to the start of the draw, before the official's hand is in contact with both centers' sticks. Stick checks are not permitted during an injury time-out.



# RULE CHANGE

## GOALKEEPER EQUIPMENT - THIGH PADDING

- Goalkeeper thigh padding shall be shorts or pants manufactured with integrated protective padding.
- The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a tooth and mouth protector, a chest protector and padding on the thighs **AND SHIN GUARDS...** Thigh padding shall be shorts or pants manufactured with integrated protective padding.



# RULE CHANGE

## PERSONAL EQUIPMENT - TOOTH AND MOUTH PROTECTORS

- Tooth and mouth protector requirements have been revised to align with other NFHS sports.
- Tooth and mouth protectors may be clear, any color, and have graphics.



LEGAL TOOTH AND MOUTH PROTECTORS

# RULE CHANGE

## PERSONAL EQUIPMENT - TOOTH AND MOUTH PROTECTORS

### 2.7.1 SITUATION B - Part (a)

- Before the draw, the official notices one of the field players with a tooth and mouth protector that covers both the player's teeth and lips with the tab completely cut off that is commonly used to connect the mouth protector to a helmet in football.
- Ruling - Legal.
- Comment - Tooth and mouth protectors that cover both the teeth and the lips without a protruding tab are legal.



**LEGAL**





# RULE CHANGE

## PERSONAL EQUIPMENT - TOOTH AND MOUTH PROTECTORS

### 2.7.1 SITUATION B - Part (b)

- Before the draw, the official notices one of the field players with a tooth and mouth protector that looks like a pacifier with a ring on the outside of the lip cover.
- Ruling - Improper equipment.
- Comment - Field players are not permitted to wear tooth and mouth protectors with any protrusions such as a ring or tab.



**NOT LEGAL**



# RULE CHANGE

## PERSONAL EQUIPMENT - TOOTH AND MOUTH PROTECTORS

### 2-7-1 EXAMPLE

- Before the draw, the official notices a player with a mouth protector with a front piece that spins.
- Ruling - Improper equipment.
- Comment - NFHS and USA Lacrosse has determined that mouth pieces with a spinning part is not legal for safety reasons.



**NOT LEGAL**



# RULE CHANGE

## DURATION OF PLAY - PLAYING TIME

- Regulation playing time is 48 minutes divided into four 12-minute quarters.
- Two-minute break after the first and third quarter.
- 10-minute halftime or less if agreed upon by coaches.
- Players change ends after each quarter.



# RULE CHANGE

## OFFICIAL TIME-OUTS - INJURY

- Coaching is allowed during an injury time-out.



# RULE CHANGE

## RESTARTING PLAY - FALSE STARTS

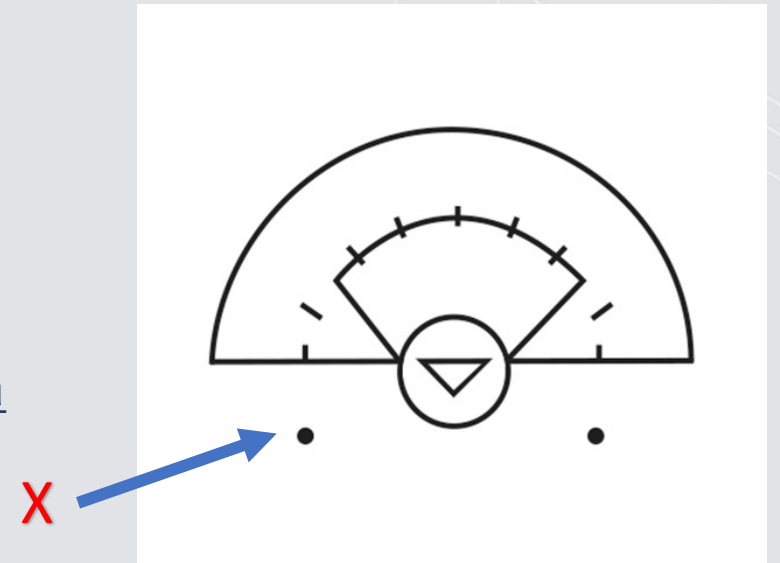
- A false start foul is not called when a player self-starts outside the critical scoring area when a self-start is not an option.
- Play is reset.



# RULE CHANGE

## MAJOR FOULS - THREE SECONDS

- For a three-second violation, when the ball is outside the critical scoring area and below the goal line extended, the free position is awarded at the closest dot.
- When the defense is called for a three-second violation, the free position will be awarded based on the spot of the ball when the violation occurred....
  5. When the ball is outside the critical scoring area and below the goal line extended, the free position will be awarded at the closest dot.



# RULE CHANGE

## MAJOR FOULS - THREE SECONDS

- The ball is outside the critical scoring area and below the goal line extended when Blue No. 3 is called for a three-second violation.
- Ruling: The penalty is administered at the dot. Blue No. 3 is placed 4 meters behind. All others may not be closer than 4 meters.



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# EDITORIAL CHANGES



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## SUSPENDED / INTERRUPTED GAMES

**4-4-1:** ...A game is considered legal and complete if 75 percent of playing time has elapsed...

**4-4-2:** ...If a suspended game (one in which less than 75 percent of playing time has elapsed) is replayed on another day, it must be played from the point of interruption.

**4-4-3 NOTE:** If 75 percent of the playing time has elapsed and the game is tied, leagues should determine their own tie-breaking procedures.



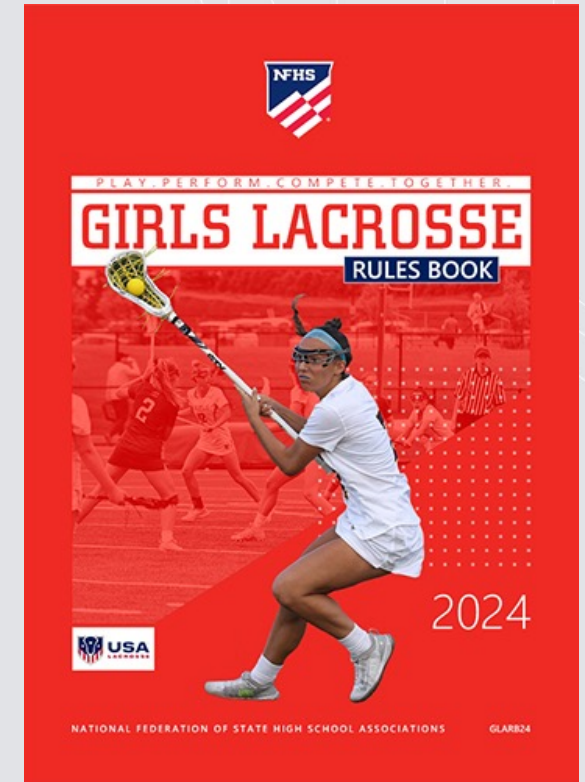
# RULE INTERPRETATIONS

## RULE QUESTIONS AND INTERPRETATION REQUESTS

- Individuals may submit rule questions and requests for interpretation to USA Lacrosse at the link shown here:

<https://www.usalacrosse.com/girls-and-womens-rules>

- Indicate:
  - Level of play.
  - Applicable Rules Book page number.
  - Applicable Rule number.



2024 GIRLS' HIGH SCHOOL LACROSSE RULES



**USA**  
**LACROSSE**



**THANK YOU**

Barbara Martinichio  
USAL Youth Chair