

USATM
LACROSSE



GIRLS LACROSSE
YOUTH RULE BOOK

2026

STANDARDS FOR SMALL SIDED
AND FULL FIELD PLAY



USA Lacrosse



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USA LACROSSE RULES COMMITTEE

NAME	POSITION	LOCATION
Anne Carr	Official	Dillsburg, PA
Angela Cherry	Official	Arvada, CO
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Jeffrey Grose	National Interpreter	Seattle, WA
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Michael Nelson	Official	Charlotte, NC
Lindsey Atkinson	NFHS, ex officio	Indianapolis, IN
Caitlin Kelley	USA Lacrosse, ex officio	Sparks, MD

USA Lacrosse has zero-tolerance for unsportsmanlike behavior including any language or actions that are derogatory, discriminatory or hateful in nature. USA Lacrosse requires officials to penalize unsportsmanlike conduct with game ejection or red card. This behavior can include discrimination based on race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

USA Lacrosse encourages organizations, leagues, and tournaments to adopt the the anti-harassment and discrimination best practices found in the Appendices of this rulebook or online.

For questions, interpretations or suggestions about the USA Lacrosse rules, please contact:

Questions and Interpretations: girlsrules@usalacrosse.com

Rule Change Suggestions: usalacrosse.com/rules/submit-a-rule-change

If you have questions about officiating mechanics or are interested in learning more about the USA Lacrosse Officials Education Program contact:

USA Lacrosse Officials Education: officials@usalacrosse.com

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WHO WE ARE

- » More than 425,000 members nationwide
- » More than 80 full-time staff members
- » More than 100 volunteers serving on national boards and committees
- » More than 5,000 donors to the USA Lacrosse Foundation

With a primary focus on the youth level, USA Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

Our Impact

Make the Sport Safer – Since 1998, we have invested more than \$1,000,000 in funding for lacrosse-specific research to make the game safer

Train and Certify Coaches – More than 23,000 certified coaches

Train and Certify Officials – More than 10,000 certified officials

Create Opportunities to Play – From annual financial grants to innovative programs like Flex6 and our Physical Education program, USA Lacrosse creates tens of thousands of opportunities each year for new players to learn about the sport

Elevate the Sport's Visibility – Our 36 time world champion U.S. National Teams set the standard for excellence in the sport.

Pioneer National Standards – USA Lacrosse youth rules and the Athlete Development Model are designed to create the best experience for all participants.

MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.

SAFETY AND RESPONSIBILITY

The USA Lacrosse Women's Rules Subcommittee is responsible for reviewing and maintaining the rules of women's lacrosse for youth (14 and under) play. USA Lacrosse offers the public the opportunity to suggest rule changes to the USA Lacrosse Rules Committee through written submission by May 1 each year. Each Summer, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Girls Rules are issued under the authority of USA Lacrosse as the official rules for youth girls lacrosse.

Participants in girls lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls game and in compliance with the USA Lacrosse Girls Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- » Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
- » Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- » Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- » Spectators are responsible for their role in a positive and safe play environment by always demonstrating sportsmanlike conduct.

RULE CHANGES

NOTABLE RULE CHANGES FOR HIGH SCHOOL

- » 2-4-5 — Stick checks may be requested at any point during a quarter break, halftime, a team time-out, prior to the start of an overtime period, prior to the start of a draw, and immediately following goals in regulation and overtime periods
- » 2-8-3 (NEW) & PENALTY — No on-field player can wear an audio or video device during the game
- » 4-3-3d, e — If a possession time-out is called when the goalkeeper has possession of the ball in the goal circle, play will resume at the closest dot and any player may restart play
- » 5-2 PENALTY 1 — When one player draws illegally, the free position may be taken by any player on the opponent's team at the spot of the ball
- » 7-3 PENALTIES 1a, 3a — When a goal circle foul is committed, the offending player shall move 4 meters away from the player taking the free position instead of behind

YOUTH ONLY CHANGES - Rules Distinct from High School

- » Allow deputy goalkeepers for 14U

YOUTH COMPARISON CHART

Category	6U & 8U	10U	12U	14U
PLAYERS	3v3 up to 7v7	3v3 up to 8v8 with goalkeeper	NFHS	NFHS
GOALKEEPER	Goalkeeper optional, not recommended for 6U, no deputy goalkeeper	Goalkeeper optional, no deputy goalkeeper	<u>No deputy goalkeeper</u>	NFHS
BALLS	Soft balls or NOCSAE lacrosse balls	NFHS	NFHS	NFHS
EYE WEAR	Required if NOCSAE balls used	NFHS	NFHS	NFHS
STICKS	Small stick allowed, no pocket limits	Small stick allowed, modified pocket	NFHS	NFHS
FIELD SIZE	Cross field	Cross field	NFHS	NFHS
FIELD LINES	Goal circle, center line, 8M arc optional	Goal circle, center line, 8M arc if goalkeeper used	NFHS	NFHS
GOALS	3'x3' or 4'x4'	4'x4' or NFHS	NFHS	NFHS
<u>LENGTH OF GAME</u>	<u>6 to 8-minute quarters, running clock</u>	<u>Up to 10-minute quarters, running clock.</u>	<u>10-minute quarters, running clock</u>	<u>12-minute quarters, running clock</u>
TIMEOUTS	1 team timeout	1 team timeout	NFHS: 2 team timeouts	NFHS: 2 team timeouts
START OF GAME AND QUARTERS	No draw, players line up in defensive end 5 yds from center	Draw optional, players line up in defensive end 5 yds from center	NFHS	NFHS
START AFTER GOAL	Ball to defender at side of goal circle, all players 4M away, player self-starts	No Goalkeeper: ball to defender at side of goal circle, all players 4M away, player self-starts Goalkeeper: goalkeeper clear, all players outside 8M arc.	NFHS : Draw unless mercy rule in effect	NFHS: Draw unless mercy rule in effect
SELF-START	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting	Players must pause before self-starting

OFFSIDES	Not applicable	No more than 5 field players in offensive and defensive ends	NFHS	NFHS
COVERING BALL	No covering ball with stick or body	No covering ball with stick or body	NFHS	NFHS
<u>CHECKING</u>	<u>No checking</u>	<u>No checking</u>	<u>Modified checking</u>	<u>Transitional checking</u>
DEFENSE 1v1	1v1 defense required in midfield	1v1 defense in midfield	NFHS	NFHS
PENALTY TIME	Players leave field briefly for major fouls	Players leave field briefly for major fouls	NFHS	NFHS
CARDS	No cards, teams do not play short	No cards, teams do not play short	NFHS	NFHS
DEFENDING GOAL	No defending goal 5-yard in front of goal unless marking an opponent	No defending goal 5-yard in front of goal unless marking an opponent	NFHS	NFHS
<u>3-SECONDS CLOSELY GUARDED</u>	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>3-Seconds closely guarded rule applies</u>	<u>NFHS: Not applicable</u>
3-SECONDS IN 8M ARC	Not applicable	Not applicable	NFHS	NFHS

POINTS OF EMPHASIS FOR 2026

TREATMENT OF OFFICIALS

Disrespectful and inappropriate treatment of officials remains a persistent issue—particularly at youth games, where the impact is most damaging. Officials at every level deserve to be treated with respect and dignity. Poor sportsmanship, verbal abuse, and harassment directed at officials by coaches, players, or spectators will not be tolerated. Such behavior directly contradicts the values we aim to instill in our athletes: integrity, respect, and fair play. USA Lacrosse is committed to fostering a safe and positive environment for everyone involved in the game. That begins with holding everyone accountable for how they treat those who uphold the rules.

ILLEGAL STICK TO BODY CONTACT

Proper and safe use of the crosse is essential to minimizing player risk and preserving the integrity of girls' lacrosse as a sport played with limited protective gear. Players must not use their stick to initiate contact with an opponent's body by hitting, pushing, or displacing them. Coaches should reinforce this with their athletes as officials are responsible for identifying and penalizing illegal stick-to-body contact in accordance with the rules.

OFFICIATING 3-SECONDS GOOD DEFENSE

This rule applies to a player with the ball, not a defender. If the offensive player with the ball holds it for more than three seconds while being closely guarded, the whistle will blow, and the ball will be turned over to the defender. To be considered "**closely guarded**," the following three conditions must be met:

- The defender is within a stick's length of the offensive player with the ball.
- The defender has both hands on their stick.
- The defender is in a position to legally check the ball carrier, if checking were allowed at that level of play.

For the offense it encourages to work on developing stick handling skills like cradling, changing hands, and moving with the ball to avoid the foul. For defenders, it provides an opportunity to be rewarded for their hard work and proper positioning.

It is often confused with the "3-seconds in the 8M" defensive foul. The key difference is that the "good defense" rule applies to the player with the ball, while the "in the 8M" foul applies to a defender who is in the 8-meter arc without guarding an opponent.

OFFICIATING FORCING THROUGH

The rule regarding "forcing through" is frequently misunderstood and misapplied by officials. "Forcing through" is a major foul that occurs when a player in possession of the ball attempts to force their crosse through the crosse of one or more opponents. This is distinct from a charging foul, which involves a player using their body to charge or push an opponent's body or crosse.

Importantly, forcing through is a foul committed by the attacking player and must be called against the offensive team. Defenders who are in a legal position should not be penalized when an opponent initiates contact by forcing their crosse through the defenders' crosses.

FULL FIELD PLAY

14U AND 12U

GAME SUMMARY AND EQUIPMENT

- » 12 v 12 play includes goalkeepers
- » Standard equipment rules, NOCSAE balls, ASTM eyewear and legal girls sticks are required
- » Standard size goals
- » 12U – 4 x 10-minute quarters, 14U – 4 x 12-minute quarters
- » 2 team timeouts allowed
- » Traditional line up with a draw to start each quarter and after goals
- » Draws after goals: Mercy rule applied at 4-goal differential unless waived by the team that is behind
- » Time-serving card; team plays down a player

Safety Based Rule Differences Between 12U and 14U

- » 3 Seconds Closely Guarded: 12U has a 3 Seconds closely guarded rule, 14U does not
- » Deputy Goalkeeper: A deputy for the goalkeeper is not allowed at 12U but allowed at 14U
- » Checking: Modified at 12U, Transitional at 14U

MAJOR MODIFICATIONS FROM THE HIGH SCHOOL GAME

CHECKING

- » The sphere at Youth, 14 and under is 12 inches, the High School sphere is 7 inches.
- » 12U **Modified Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- » 14U **Transitional Checking:** An attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.

STICK TO BODY CONTACT

- » Stick to body contact initiated by the defense is prohibited. Incidental contact may occur.
- » Defensive players may not contact an opponent's body with the defender's stick held in a horizontal position (below 10 o'clock and 2 o'clock).

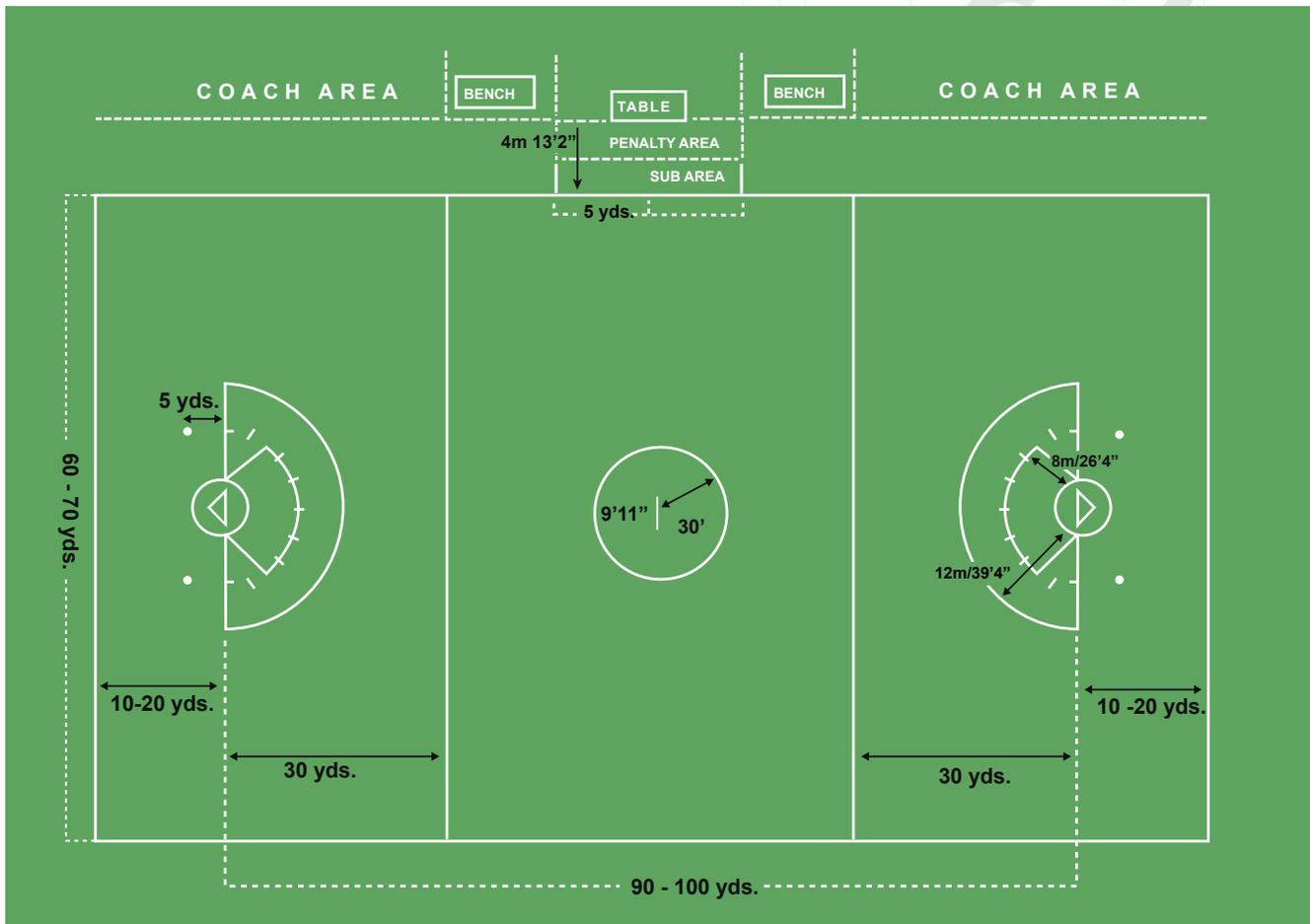
- » A hand or forearm holding a stick is not considered part of the stick and may contact an opponent's body.
- » A defender may not "ride" an opponent by holding their stick against the opponent's body as they are running.

SELF-START

- » Players must pause before self-starting.

For all other fouls, refer to the NFHS 2026 Rule Book

The Field Diagram



SMALL SIDED PLAY

Small sided play ranges from introductory play without equipment (Flex6) to modified youth play, to Sixes (the World Lacrosse/Olympic variant). Small sided or cross field play provides a great fun introduction to the game for youth players. The fun and skill development of small sided games can meet the needs of any player from the beginner to the more experienced. These games have less than 12 players on each team on the field. In addition to fewer players, small sided play uses smaller fields or spaces and shorter games, and some different rules to optimize the game for fun and development.

Small sided play is founded on the principles of the Athlete Development Model (ADM). An approach to skill and sport development that was formally adopted by the USOPC in 2014 as official guidance for youth sports. Playing with less players on the field provides more opportunities for each player to touch the ball, be engaged in the play and assists with overall player development. The science behind ADM promotes more skill development through a more athlete-centered experience. With less players on the field, each player is more engaged in the game, this fosters decision-making speed, creativity and mental response to game situations, a critical development piece for the player. Athlete skill development is maximized through more repetitions. ADM is a blueprint for growth through skill development and fun for the athlete, especially the pre-teen to middle and high school age player.

Note: USA Lacrosse recommends small sided play for players and teams in the 10U, 8U and 6U brackets.



USA LACROSSE
ATHLETE DEVELOPMENT
STAGES OF PLAY

FOUNDATION
Multi-sport Participation and Fundamental Movement Skills

- Pick Up & Play clinics
- Flex6 Lacrosse
- Small-sided play

TRAIN
Age Appropriate Skills and Techniques

- Developmental focused
- Scholastic rec teams
- Player clinics

COMPETE
Team Based Game Play and Playing with a Purpose

- Club and travel teams
- Scholastic rec teams
- Tournament play

ELEVATE
Elite and High Performance

- Nationals Teams
- National Team Development Program
- Collegiate and Pro

At every stage—Foundation, Train, Compete, and Elevate—USA Lacrosse's Athlete Development model promotes:

- **Fun:** Keeping the game engaging and enjoyable.
- **Age-Appropriate Activity:** Tailored skills and challenges for each developmental level.
- **Expert Guidance:** Supported by USA Lacrosse Certified Coaches.

LIFELONG ENGAGEMENT

Fostering a passion for the game that lasts a lifetime through participation, coaching and officiating

10U

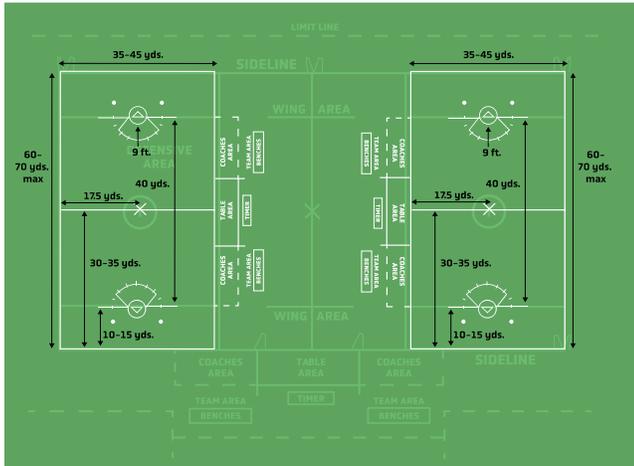
GAME SUMMARY AND EQUIPMENT

- » 3v3 up to 8v8 with a goalkeeper
- » A team shall not have more than 5 **field** players below the midfield line in its offensive and defensive ends of the field
- » Standard NOCSAE balls and eyewear
- » May be played with no draw and players line up in their defensive end to start game or a traditional line up with a draw to start each quarter and after goals
- » After a goal, if no goalie and no draw, defense is given the ball for a clear, no goalie deputy allowed
- » Must play 1v1 defense in the midfield
- » Goalies may be introduced, and an 8-meter fan should be lined on the field
- » A modified pocket should be introduced, in which no more than 1/2 of the ball can be seen below the sidewall
- » 12-inch sphere
- » Players must pause before self-starting

At this level of play 1) illegal or dangerous contact 2) unsportsmanlike conduct; player would be taken briefly off the field. No cards are to be used, and the team does NOT play short.

THE PLAYING AREA AND GOALS

The Field Diagram



Cross-field range from 60 - 70 yards max in length and 35 - 45 yards in width.

An 8-meter arc and restraining line are not required for this level of play but should be used if a goalie is being used.

Goal Circle

The goal circle may be marked with a line or with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

Balls

If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard and players must wear protective eyewear.

The Lacrosse Stick

- » Smaller sized lacrosse sticks can be used at this level of play. A modified pocket should be introduced, in which no more than 1/2 of the ball can be seen below the sidewall.

Number of Players

3v3 to 7v7 players can run the whole field. There is no restraining line.

Time Factors and Scoring

A competition can consist of (4) up to 10-minute running quarters, with a 5-minute halftime period.

Start of Game

Without a Draw: The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot after the initial possession, there must be one attempted pass.

With a Draw: players not taking the draw should start in their defensive side of the center spot, with all players at least five yards from the players taking the draw.

Restart After a Goal is Scored

Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of goal. All other players will be moved 4 meters away. For a goalie clear, all players must clear the 8-meter arc before the official begins the 10-second count and remain outside the 8-meter arc until the goalie clears the ball.

Playing Modifications from the High School Game

For any major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, illegal checking, the player would be taken off the field for a brief period – no cards are used, and the team does not play short a player.

1v1 Defense

1v1 defense is required in the midfield area. More than one player can defend the ball in the critical scoring area.

3 Seconds Closely Guarded Defense

The player with the ball may not hold the ball for more than three seconds when:

- » They are closely guarded,
- » The defense has both hands on their stick, and
- » The defense is in a position to legally check if checking is allowed.

NO CHECKING ALLOWED

Fouls

- » No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
- » No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
- » No covering the ball with your stick or body.
- » No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
- » No entering the goal circle (except to get the ball out of the goal after a shot is scored).
- » No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
- » No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
- » No dangerous follow-through with the stick in a pass or shot.
- » No moving or blind picks.

8U & 6u

GAME SUMMARY AND EQUIPMENT

- » 3v3 up to 7v7
- » Cross field or shortened field
- » Goalies not recommended for 6U and 8U, no goalie deputy allowed
- » Smaller sticks and soft balls or if using a standard NOCSAE ball, protective eyewear is required
- » No draw and players line up in their defensive end to start game
- » USA Lacrosse Certified Coaches can be on the field to assist and 'officiate'
- » After a goal, defense is given the ball for a clear
- » Must play 1v1 defense in the midfield
- » 12-inch sphere
- » Players must pause before a self-start

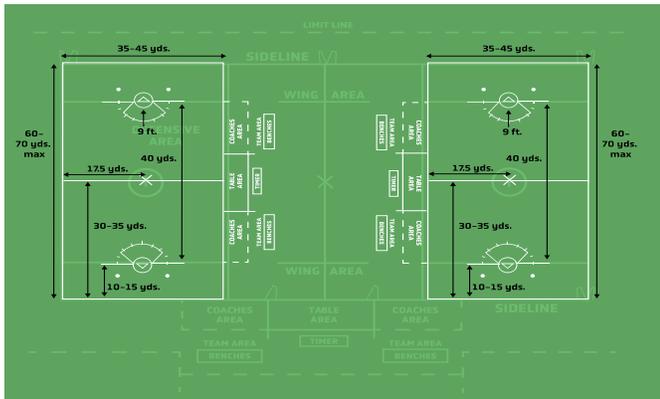
At this level of play two major fouls are highlighted:

- 1) Illegal or dangerous contact
- 2) Unsportsmanlike conduct;

Player would be taken briefly off the field. No cards are to be used, and the team does NOT play short.

THE PLAYING AREA AND GOALS

The Field Diagram



The maximum playing field shall be rectangular, 60 - 70 yards max in length and 35 - 45 yards in width. An 8-meter arc and restraining line are not required for this level of play. Note: Flat disc cones may be used to designate the playing area.

Goal Circle

The goal circle may be marked with a line or with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

Balls

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (i.e., tennis ball). If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard and players must wear protective eyewear.

The Lacrosse Stick

Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth.

Number of Players

3v3 to 7v7 players can run the whole field. There is no restraining line.

Time Factors and Scoring

A competition can consist of (4) 6-minute running time quarters, with a 5-minute halftime period.

Start of Game

The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot after the initial possession, there must be one attempted pass.

Restart After a Goal is Scored

The official removes the ball from the goal and gives it to a player from the team scored upon along the goal line to the side of the goal. All other players will be moved 4 meters away. The player with the ball self-starts.

Playing Modifications from the High School Game

For any major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, or illegal checking, the player should be taken off the field for a brief time period – no cards are used, and the team does not play short a player.

1v1 Defense

1v1 defense is required in the midfield area. More than one player can defend the ball in the critical scoring area.

3 Seconds Closely Guarded Defense

The player with the ball may not hold the ball for more than three seconds when:

- » They are closely guarded,
- » The defense has both hands on their stick, and
- » The defense is in a position to legally check if checking is allowed.

NO CHECKING ALLOWED

NO RESTRAINING LINE OR OFFSIDE FOULS

Fouls

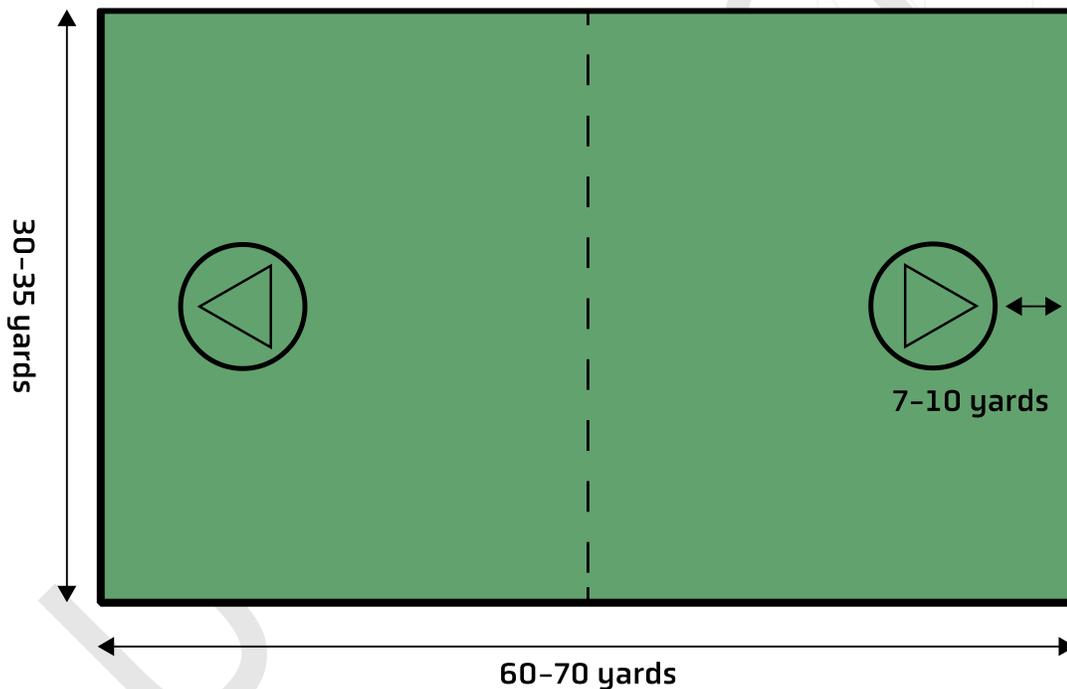
- » No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
- » No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
- » No covering the ball with your stick or body.
- » No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
- » No entering the goal circle (except to get the ball out of the goal after a shot is scored).
- » No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
- » No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
- » No dangerous follow-through with the stick in a pass or shot.
- » No moving or blind picks.

FLEX6 LACROSSE

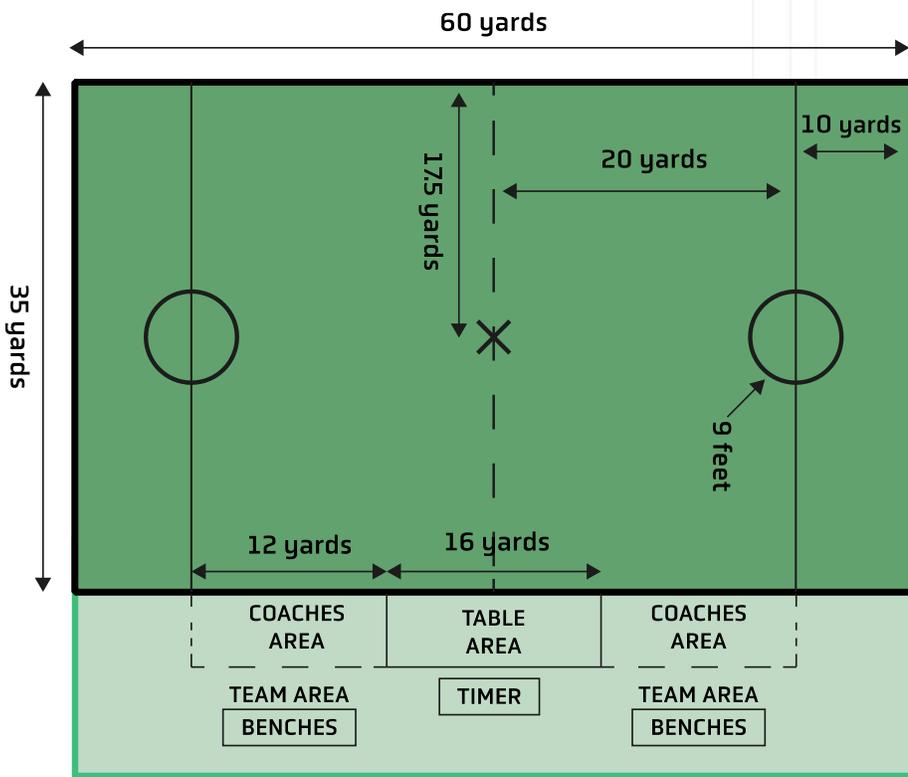
Flex6 represents the foundational small-sided game with no protective equipment needed. Flex6 Lacrosse can be played by anyone, any age, any gender and anywhere. In this version of the game all that's needed is a small group of players, a space that is about $\frac{1}{4}$ the size of an athletic field, a crosse (lacrosse stick), and the appropriate ball.

THE GAME, PLAYING AREA AND SPACE

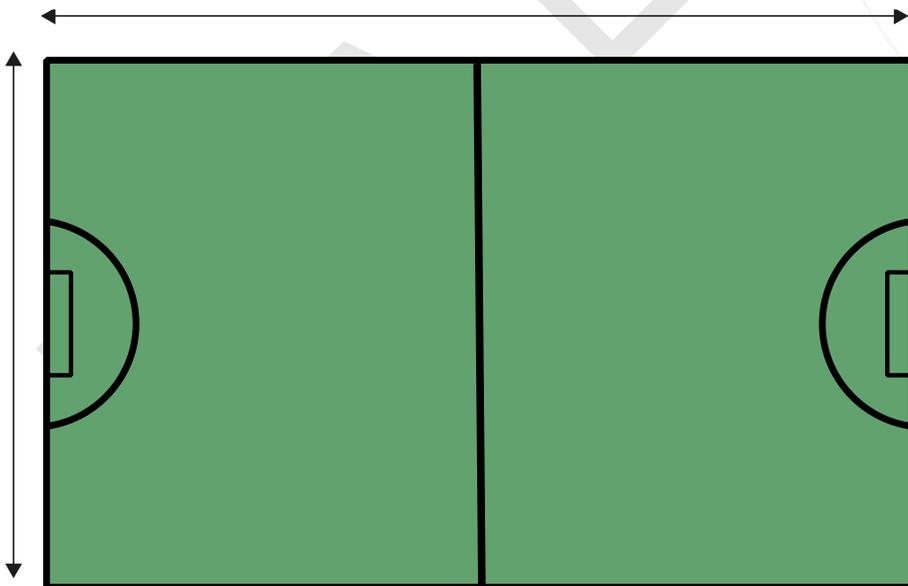
BASIC FIELD CONFIGURATION



Cross-Field on a Traditional Sports Field



Basketball or Tennis Court Configuration





EQUIPMENT

The Ball

A soft pink/orange (aka “Pinkie”) ball or tennis ball. Do not use standard lacrosse balls.

The Lacrosse Stick (Crosse)

Girls’, boys’ or unified sticks are permitted for play. No long poles or goalie sticks are allowed.

Player Equipment

A mouthguard may be worn if a player desires.

Ideally players should have a jersey, pinney or shirt color similar to their teammates’ but this should not preclude the ability for the game to occur unless in the context of championship-style or tournament play where this distinction is critical for officials to make proper calls.

GAME PERSONNEL

Number of Players

No more than 6v6 on the field at a time.

There is flexibility to adjust the number of players based on the size of the space or the number of players available for game play. If using a basketball or tennis court, 3v3 or 4v4 is recommended. All players are considered field players and there will be no goalie position played.

Officials

Officials are optional for this version of play. If there are no officials used, players will call their own fouls using the honor system. In the event of a dispute, recommend using an alternate possession system.

For players 17 and under, there should be at least one adult in the vicinity to assist players and monitor player safety.

TIME OF THE GAME

Length of the Game

Recommend game length (4) 6-minute running time quarters, with a 5-minute halftime period and 1 timeout running clock per team. Timeouts are recommended from 30 - 60 seconds. 30 seconds for a timeout makes sense if the players remain on the field and the coach comes to them. If players go to the sideline, consider 60 seconds for the timeout.

Overtime

Determine before the game if overtime will be played in the event of a tie. If overtime is agreed upon, and the game is tied at the end of regulation, recommended practice is one 2-minute period of sudden victory overtime.

PLAY OF THE GAME

Starting the Game and Overtime

The team that won the coin toss shall place one player at center with the ball. All other players shall be on their defensive end of the field to start. There must be one attempted pass before shooting. The team that loses the coin toss can choose which side they will defend first.

Out of Bounds and Ball Possession

Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team. Play restarts closest to the location where the ball went out of bounds and the player will self-start once inbounds.

Goal Scored

Goals count when a ball passes completely over the goal line and into the goal from a player's stick. If a goal circle is used, the player cannot cross into the goal circle on the shot. No goal if a shot originates in the defensive half of the field.

Restarts After a Goal

To restart play after a goal, a player from the defending team must take the ball out of the goal, put it in their crosse, and either pass or run it out of the goal circle to resume play.

Change of Goals

Teams will change goals between quarters. In overtime situations, teams will change goals after each overtime period.

Substitutions

Substitutions during play are permitted.

Fouls

- » No stick to stick, body to body, or body to stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
- » No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
- » No covering the ball with your stick or body.
- » No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
- » No entering the goal circle (except to get the ball out of the goal after a shot is scored).
- » No defending goal by standing in the 5-yard space in front of the goal (except when playing a stick's length away from an attacking opponent).
- » No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
- » No dangerous follow through with the stick on a pass or shot.

» No moving or blind picks.

The penalty for a foul is change of possession.

The player awarded the ball may pass or start running/cradling (self-start). All other players should move a stick's length away from the player in possession of the ball; however, the player with the ball does not need to wait for this to occur.

If a player repeatedly fouls or is putting other players in danger, the player should be removed for a one-minute penalty. Another player may be substituted.

Violation on a Shot

If a foul by the defense occurs on a shot that goes in the goal, the goal counts. Play will resume as normal with the defending team taking the ball out of the goal to continue play. If the violation occurs on a shot that does not go in the goal, play will stop temporarily so that the player fouled can regain possession and should restart at least 10 yards away from the goal (self-start).

Unsportsmanlike Conduct

Any unsportsmanlike behavior such as vulgar language, conduct issues, arguing, and/or obscene gestures should result in a one-minute suspension from the game and awarding possession of the ball to the offended team. While the player is suspended from the game, another player may substitute in the person's place.

OPTIONAL MODIFICATIONS

- » The minimum pass rule before shooting can be increased beyond one.
 - » Ground balls may only be contested 1v1.
 - » One player stays back on defense behind the midline of the area of play.
-

APPENDIX A

DEFINITION OF TERMS

- » **ATTEMPTED PASS** occurs when a player attempts to pass using the mechanics of a throwing motion in the specific direction of a teammate.
- » **BLOCKING** takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a “blind side” defense player must give her enough time and/or space to change her direction.
- » **BODY CHECKING** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent’s body and crosse with her body and causing her to slow down, change direction, or pass off.
- » **CHARGING** takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).
- » **CHECKING** is an attempt to dislodge the ball from an opponent’s crosse by using controlled crosse to crosse contact.
- » **CLEAR** is any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.
- » **CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.
- » **COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and even with the level of the scorer’s table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer’s table.
- » **CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the official.
- » **CROSS-CHECK** uses the shaft of the crosse to hit, push or displace an opponent.
- » **DANGEROUS PLAY** are actions that are rough, threatening and/or are without regard to player safety. May be carded.

- » **DIRECTLY BEHIND THE GOAL CIRCLE** is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.
- » **8-METER ARC** is the area in front of each goal circle inscribed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.
- » **EJECTED PLAYER** is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in her team's next game.
- » **FIELD PLAYER** is any player other than the goalkeeper. It is a player whose responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.
- » **FREE POSITION** is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. A major defensive foul within the 8 meter will result in an offensive free position on an 8 meter hash. This player may go to goal.
- » **FREE SPACE TO GOAL** is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.
- » **GOAL CIRCLE** is the circle around the goal to protect the goalkeeper. It is commonly called a Crease in Sixes and in the boys' game.
- » **GREEN CARD** is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.
- » **HELD WHISTLE** is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.
- » **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.
- » **ILLEGAL PLAYER** is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.
- » **ILLEGAL PROCEDURE** refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)
- » **INDIRECT FREE POSITION** is the penalty awarded for a minor field foul by the defense inside the 12-meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.
- » **LOWER SIDE OF CROSSE** refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player's goalie or defensive goal.
- » **MARKING** is guarding an opponent within a stick's length.
- » **MODIFIED CHECK** is allowed at the 12U level and is an attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- » **MODIFIED POCKET** is when no more than half of the ball falls below the bottom of the sidewall.
- » **OFFSETTING** is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.
- » **OFFSIDE** refers to a team with more players over the restraining line than allowed by the rules.

- » **PENALTY AREA** is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.
- » **PENALTY LANE** is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.
- » **PENALTY ZONE** is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.
- » **PICK** is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary.
- » **PLAYED** refers to an action whereby the ball leaves the player's crosse and is touched by another player, her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the crosse.
- » **PLAYER POSSESSION** is when the ball is in her crosse and she can perform any of the normal functions of control such as cradle, carry, pass or shoot.
- » **PLAYING DISTANCE** is the length of a stick and half.
- » **RED CARD** is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.
- » **RESTRAINING LINE** in full field play is a solid line at each end of the field 30 yards up field from the goal line which extends fully from one side of the field to the other side.
- » **RUNNING CLOCK** means the game clock runs continuously without stopping unless the official calls for a card, injury/emergency timeout, or team timeout.
- » **SCORING PLAY** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
 - A shot is taken.
 - The attacking team loses possession of the ball.
 - The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
 - The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
 - The attacking team fouls.
- » **SLASH** is a reckless or dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.
- » **SLOW WHISTLE** is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.
- » **SPHERE** is the 12-inch area surrounding the head in all directions.
- » **SUBSEQUENT FOUL** is one that occurs after the initial foul has been called. For a example, a player is awarded a free position because of a foul by her opponent and before play starts she, or her team, commits

another foul such as taunting the opponent.

- » **SUBSTITUTE** is any player who has not been disqualified and whose name and correct number have been recorded in the scorebook.
- » **SUSPENDED PLAYER** is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.
- » **SUBSTITUTION AREA** is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each five (5) yards from the center line of the field.
- » **TEAM BENCH AREA** is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline), and does not include the area directly behind the scorer's table.
- » **THREE-SECONDS IN THE ARC** is when a player while defending in the 8-meter arc remains in that area more than three (3) seconds without marking an opponent within a stick's length.
- » **THREE-SECONDS GOOD DEFENSE** is when a player with the ball holds the ball for more than three (3) seconds while closely guarded/marked.
- » **TOEING THE LINE** refers to the placement of the foot up to, but not on a center line.
- » **TRANSITIONAL CHECKING** is allowed at the 14U level and is an attempt to dislodge the ball from an opponent's crosse when the checking movement is outside the 12-inch sphere and away from the opponent's body. If the defender is behind the ball carrier, the checking movement must be down and away from the body and below the shoulder of the player with the ball.
- » **12-METER FAN** is a semicircle area in front of each goal circle bounded by an arc 12 meters from the goal circles.
- » **WITHIN A STICK'S LENGTH** is when any part of the opponent's body is inside a crosse's length. It is the distance a player must be to her opponent to be actively marking this opponent.
- » **YELLOW CARD** is given to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.

APPENDIX B

EQUIPMENT

ALL FIELD CROSSES

All certified sticks/ molded heads will be listed on the USA Lacrosse website on the equipment page as approved for play.

Note: The crosse for the 6U 8U & 10U divisions can meet either the boys or girls molded head requirements.

All pockets are subject to on field compliance check by officials. The following requirements are for the pockets.

Strung pockets either traditional or mesh must be attached directly to the head.

Field crosses shall have no more than two separate shooting strings. Shooting strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting strings. Shooting strings are not required.

Any “shooting” string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. “Shooting” strings may not be crossed. “Shooting” strings may not touch from outside the outermost thongs to the sidewall, or within one (1) inch of the sidewall if there are no thongs. Shooting strings do not need to be attached through a stringing hole.

The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible above the top of the entire wooden or plastic sidewall for 12U and 14U.

The ball must move freely within all parts of the head of the stick both laterally and along its full length of the front and upper third of the back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5” (38.1 mm).

NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket. Any adhesive substance in the pocket which impedes movement.

GOALKEEPER’S CROSSE

The overall length of the crosse shall be 35 1/2 inches minimum to 52 inches maximum. The end cap is included when measuring the overall length of the crosse.

The pocket of the crosse may be strung with six (6) or seven (7) longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

The goalkeeper’s crosse may have more than two shooting strings.



Flat laces or nylon cord may be used as shooting strings. There are no restrictions regarding the design or placement of shooting strings in the pocket of a goalkeeper's crosse.

Stick Certification Procedures:

Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the manufacturer's specifications, a report noting this compliance will be sent to the USA Lacrosse Women's Game Director for review and certification and approval for play. The stick will then be listed on the USA Lacrosse web site. The USA Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/or designs independent of lab approval. Go to usalacrosse.com for complete equipment certification process procedures and timeline, and for lists of USA Lacrosse approved equipment.

GOALKEEPER'S EQUIPMENT

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, a pelvic protector and padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. beginning January 1, 2021, the goalie chest protection must meet the NOCSAE standard (ND200) for lacrosse at the time of manufacture.

It is recommended that the goalkeeper wear padding on arms and shoulders. This padding must not excessively increase the size of any body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 1-inch padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

EYE PROTECTION

All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077). All eyewear must be listed on the SEI website to be legal for play and all eyewear must bear the SEI mark for certification.

MOUTHPIECE

All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. It shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. There may be no protruding tabs for field players.

OTHER PERSONAL EQUIPMENT

Headgear and close-fitting gloves may be worn by all field players. Any field player choosing to wear headgear will only be permitted to wear headgear that has been tested by the manufacturer and meets the ASTM F3137 standard for women's lacrosse headgear. The headgear must be SEI certified. The headgear shall be listed on the SEI site in order to be considered legal for play. Face masks are not allowed.

Note: No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to other players by the officials. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended.



Note: Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.

Note: Players may only wear securely taped Medic-alert medal with information visible and close-fitting cloth sweatbands. Any other adornment, will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.

Note: Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.

Note: USA Lacrosse in keeping with applicable laws may authorize exceptions to USAL Youth Playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, religious considerations as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow otherwise illegal equipment, create risk to the athletes/others or place opponents at a disadvantage.

BALLS

SECTION 25. The ball shall be yellow, lime green or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture for 10U, 12U and 14U.

NOTE: Specifications for all equipment are modified periodically. USA Lacrosse will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to USA Lacrosse of the change. USA Lacrosse does not test or approve equipment to determine compliance with specifications. USA Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved.

CROSSE SPECIFICATIONS

Head dimensions

All measurements are verified in the lab according to manufacturer specifications and legal heads will be posted on the USA Lacrosse website.

Shooting strings

Any “shooting” string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. (this does not apply to goalkeepers).

Strings outside of crosse

Any strings or leathers hanging off the crosse must measure 2 inches or less.



APPENDIX C

INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the summer Rules Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from USA Lacrosse (usalacrosse.com). The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the youth rules put forth by the Rules Committee must be presented to the USA Lacrosse Boards of Directors for final approval.

APPENDIX D

BLOOD POLICY

FROM THE NFHS GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- » An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- » Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.

APPENDIX E

LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

- » Assign staff to monitor local weather conditions before and during events.
- » Develop an evacuation plan, including identification of appropriate nearby shelters.
- » Develop criteria for suspension and resumption of play:
- » When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- » Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- » Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- » Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the USA Lacrosse web site at usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy

APPENDIX F

CONCUSSIONS

CONCUSSION RECOGNITION TOOL 5

To help identify concussion in children, adolescents, and adults

RECOGNIZE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

Remember these key elements while approaching the potentially head-injured player on the field:

- » In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- » Assessment for a spinal cord injury is critical.
- » Do not attempt to move the player (other than required for airway support) unless trained to do so.
- » Do not remove a helmet or any other equipment unless trained to do so safely.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury, including if ANY of the following signs are observed or complaints are reported, then the player should be assessed for neck injury and safely and immediately removed from play/game/activity if no neck injury is suspected. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment if any of the following signs or symptoms are present:

- » Neck pain or tenderness
- » Double vision
- » Weakness or tingling/burning in arms or legs
- » Severe or increasing headache
- » Seizure or convulsion
- » Loss of consciousness
- » Deteriorating conscious state (May want to put in layman's terms for non-healthcare providers: something like "Decreasing ability to stay awake, disoriented")
- » Vomiting
- » Increasingly restless, agitated, or combative
- » One pupil larger than the other (listed on CDC Danger Signs)

If there are no Red Flags, identification of possible concussion should proceed to the following steps.

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- » Lying motionless on the playing surface
- » Slow to get up after a direct or indirect hit to the head
- » Disorientation or confusion, or an inability to respond appropriately to questions
- » Blank or vacant look
- » Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- » Facial injury after head trauma

STEP 3: SYMPTOMS

- » Headache
- » “Pressure in head”
- » Balance problems
- » Nausea or vomiting
- » Drowsiness
- » Dizziness
- » Blurred vision
- » Sensitivity to light
- » Sensitivity to noise
- » Fatigue or low energy
- » “Don’t feel right”
- » More emotional
- » More Irritable
- » Sadness
- » Nervous or anxious
- » Neck Pain
- » Difficulty concentrating
- » Difficulty remembering
- » Feeling slowed down
- » Feeling like “in a fog”

STEP 4: MEMORY ASSESSMENT

(in athletes older than 12 years of age)

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- » “What venue are we at today?”
- » “Which half is it now?”
- » “Who scored last in this game?”
- » “What team did you play last week/game?”



» “Did your team win the last game?”

»

Athletes with suspected concussion should:

- » Not be left alone initially (at least for the first 1-2 hours)
- » Not drink alcohol
- » Not use recreational/prescription drugs
- » Not be sent home by themselves. They need to be with a responsible adult
- » Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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APPENDIX G

USA LACROSSE CODE OF CONDUCT

OVERVIEW

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago and, through the sport, they celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern sport, USA Lacrosse has partnered with the Positive Coaching Alliance to establish and promote positive coaching and good sportsmanship at all levels of lacrosse. The following Code of Conduct is included as part of the USA Lacrosse membership application to encourage and foster appropriate values in players, coaches, officials, parents and spectators, as well as those who are involved in any way with USA Lacrosse.

CODE OF CONDUCT

USA Lacrosse believes that it should be a priority of every player, coach, team, program and league to “Honor the Game”. Players, coaches, officials, parents and spectators shall conduct themselves in a manner that “Honors the Game” and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are honesty and integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport’s development and help to assure a consistently positive experience for participants. The Code of Conduct’s components are as follows:

- » Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- » The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- » The safety and welfare of players are of primary importance.
- » Coaches must always be aware of the tremendous influence they have on their players, and shall strive to be positive role models in dealing with young people they serve.
- » Coaches shall always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, parents and spectators.
- » Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- » Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect among other participants.
- » Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through established channels, policies and procedures, but never on the field in public view.
- » Officials shall conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.

- » Adults involved with the sport will not permit anyone to openly or maliciously criticize, harass or threaten an official.
- » Coaches, officials and players have a responsibility to know and follow the letter and spirit of the appropriate rules of play. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- » Eligibility requirements, which have been established at all levels of the sport to maximize participation, encourage fair play and promote safety, shall be followed.



APPENDIX H

ANTI-HARASSMENT AND DISCRIMINATION POLICY AND CORRECTIVE ACTION PLAN

TEMPLATE FOR LEAGUES AND LACROSSE ORGANIZATIONS

USA Lacrosse prohibits and will not tolerate acts of harassment, discrimination, and bullying. Harassment, discrimination or bullying means any gestures, any written, verbal or physical act, or any electronic communication, whether a single incident or a series of incidents that:

Are reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, ethnicity, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Takes place in relation to any program function or team; and that a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a player or damaging the player's property, or placing a player in reasonable fear of physical or emotional harm to his/her person or damage to his/her property.

Has the effect of insulting or demeaning any player or group of players or creates a hostile environment for the player by interfering with a player's participation or by severely or pervasively causing physical or emotional harm to the player. (N.J.S.L 18A:37-14)

This Anti-Harassment and Discrimination Policy is embedded into each participant's Code of Conduct and must be signed by all participants prior to the start of each season. The USA Lacrosse commitment to

anti-harassment is also shared publicly on our program website. We ask that all families review this policy against harassment, intimidation and bullying with their children. Together we can ensure that all children and families have a better understanding of the issue and can help make playing experiences enjoyable for all.

The Corrective Action Plan is a multi-step system designed to forgive a mistake but also protect student-athletes, provide education and firmly address chronic misbehavior. Any participant, parent, or volunteer may file a grievance when necessary. All grievances should be written and directed through the following sequence of authorities:

CORRECTIVE ACTION PLAN FOR LEAGUE PARTICIPANTS

If a coach, parent or official is notified of participant misconduct, they should report the allegation in writing within 24 hours of the incident to the league's board of directors or leadership. Complaints may also be made in person during a game or event but should also be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification. If the accused party is from another program or league, the board or league leadership will contact the accused participant's program to share the accusations and request resolution for both parties.

After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all board members for a vote. Participants who are found guilty of violating the anti-harassment and discrimination policy will be subject to disciplinary action. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review.



If no resolution is found, an additional ethics complaint may be filed with the USA Lacrosse Ethics Advisory Subcommittee online at usalacrosse.com/ethics-advisory-subcommittee. The USA Lacrosse EAS seeks to develop resources and standards for the national lacrosse community, as well as investigate and manage ethical issues that arise within the organization. NOTE: All prior steps must be taken before submitting an ethics complaint with USA Lacrosse. Complaints that do not adhere to this process will not be considered.

For minor or repeat violations of the Anti-Harassment and Discrimination Policy or expectations, these steps will be followed:

STEP 1 – VERBAL WARNING

Coach and/or board members will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated.

STEP 2 – GAME SUSPENSION

The board or league leadership will suspend the offending player for a predetermined number of games depending on the severity of the incident. The player and supervising parent/adult must attend a meeting with the coach and at least one board member to discuss appropriate behavior and next steps before the player can resume playing. The player will be warned that the next offense will result in his/her expulsion from the program*.

Participants 14 years and older will be required to complete USA Lacrosse's Cultural Competency training prior to return.

STEP 3 – EXPULSION

The participant on the 3rd offense will be expelled from the league or program and no refund will be given. The board or league leadership will also document this disciplinary action in writing and forward the incident to the team coach or administrator within 24 hours of decision.

**These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against participants and could result in immediate game suspension or expulsion. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.*

CORRECTIVE ACTION POLICY FOR PARENTS AND ADULTS

Family involvement is vital to the development of young athletes. Whether sitting in the stands, or helping as a volunteer, we want families to set a positive example. Parents and adults who do not follow the Anti-Harassment and Discrimination Policy will be subject to a Corrective Action Plan. Any parent or adult may file a grievance when necessary.

All grievances should be written and directed through the following sequence of authorities:

If a parent, coach, staff member, volunteer, official or fan is the victim of harassment, discrimination or bullying, the victim must report the allegation in writing within 24 hours to the board of directors or league leadership. Complaints may also be made in person during a game or event but should be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

If a coach or official is notified of misconduct, they are obligated to report the allegation in writing within 24 hours to the board of directors or league leadership.



The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification.

After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all administrators for a vote. All who are found guilty of violating the Anti-Harassment and Discrimination Policy will be subject to disciplinary action. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.

For any violations of the Anti-Harassment and Discrimination Policy, the following steps will be taken:

STEP 1 - VERBAL WARNING AND GAME SUSPENSION

A board or league administrator will discuss undesirable conduct with the accused and stress that this behavior will not be tolerated. A board member or league administrator will meet with the team coach and/or program administrator and the accused to discuss proper behavior. The board or league leadership may also choose to suspend the accused for a certain number of games depending on the severity of the incident.

Furthermore, there will be a formal letter of reprimand given to the accused stating that the next offense will result in banishment from all program or league events*

The accused will also be required to complete USA Lacrosse's online Cultural Competency training prior to returning.

STEP 2- SEASON EXPULSION

The accused will be banned from attending all contests after a 2nd offense. The accused will then have to make a formal request to be reinstated into the league or program prior to the start of the following season.

**Severe situations could merit harsher sanctions and could result in immediate game suspension or expulsion. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review. If warranted, a police report may be required or strongly recommended.*