



GIRLS' YOUTH  
**RULES BOOK**

**2020**

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# US LACROSSE RULES COMMITTEE

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Elaine Stowell	Official	Poway, CA
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Mac Ford	Coach	Reistertown, MD
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Barb Martinichio	Official	Binghamton, NY
Lauren Nowak	Official	Grand Rapids, MI
Caitlin Kelley	US Lacrosse, ex officio	Sparks, MD

## The Rules

US Lacrosse Rules cover both game play rules and administrative rules. Typically, administrative rules are those dealing with the off field parameters of the game. The game play rules are those that deal directly with the on field conduct of the game itself. Some administrative rules, such as shortening the length of a game, may be altered by the mutual consent of the competing teams, league, or an event. All other rules are unalterable. No game play rules may be changed by mutual consent.

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

**Questions and Interpretations:** [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

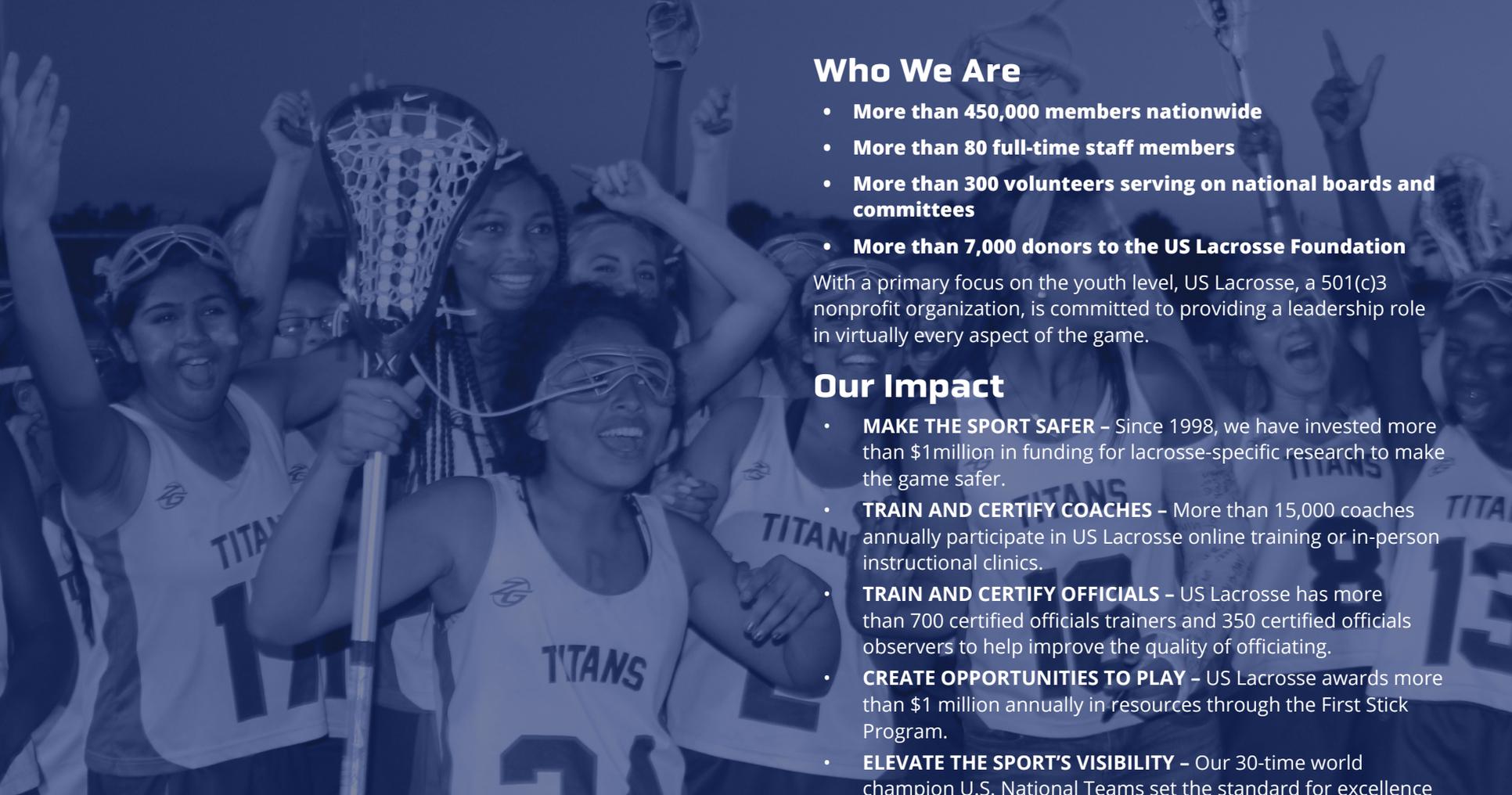
**Rule Change Suggestions:** [uslacrosse.org/rules/submit-a-rule-change](https://uslacrosse.org/rules/submit-a-rule-change)

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

**US Lacrosse Officials Education:** [officials@uslacrosse.org](mailto:officials@uslacrosse.org)

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**USLACROSSE.ORG**



## MISSION

As the sport's national governing body, US 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.

## Who We Are

- **More than 450,000 members nationwide**
- **More than 80 full-time staff members**
- **More than 300 volunteers serving on national boards and committees**
- **More than 7,000 donors to the US Lacrosse Foundation**

With a primary focus on the youth level, US 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 million in funding for lacrosse-specific research to make the game safer.
- **TRAIN AND CERTIFY COACHES** – More than 15,000 coaches annually participate in US Lacrosse online training or in-person instructional clinics.
- **TRAIN AND CERTIFY OFFICIALS** – US Lacrosse has more than 700 certified officials trainers and 350 certified officials observers to help improve the quality of officiating.
- **CREATE OPPORTUNITIES TO PLAY** – US Lacrosse awards more than \$1 million annually in resources through the First Stick Program.
- **ELEVATE THE SPORT'S VISIBILITY** – Our 30-time world champion U.S. National Teams set the standard for excellence in the sport.
- **PIONEER NATIONAL STANDARDS** – US Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.
- **EDUCATE THE LACROSSE COMMUNITY** – The US Lacrosse National Convention has grown to bring more than 7,000 coaches, officials, administrators, and fans together each year.

# SAFETY AND RESPONSIBILITY

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

Participants in girl's lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls' game and in compliance with the USL 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 US 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 demonstrating sportsmanlike conduct at all times.

# 2020 FORMAT OVERVIEW

Please note that this is just a guide and the rule sets themselves should be consulted.

## 8U

- Players: 4v4 with no goalie
- Field Size: 60-70 yards x 35-45 yards (cross field)
- Equipment: soft-type ball; eyewear required
- Goal Size: 3'x3' or 4'x4' are preferred
- Play of Game: No Draw
- NOTE : For players 6U and below, eyewear is not required and a 3 v 3 format may be appropriate.

## 10U

- Players: 8v8 including a goalie
- Field Size: 60-70 yards x 35-45 yards (cross field)
- Equipment: NOCSAE lacrosse ball; USL specifications for sticks with modified pocket allowed; eyewear required
- Goal Size: 6'x6' or 4'x4' are preferred.
- Play of Game: Game and beginning of half start with a draw. Goalie clear after goals.

## 12U

- Players: 8v8 or 12v12, depending on size of field used
- Field Size: 60-70 yards x 35-45 yards (cross field) or 110-140 yards x 60-70 yards
- Equipment: NOCSAE lacrosse ball; USL specifications for sticks and pockets; eyewear required
- Goal Size: 6'x6'
- Play of Game: A draw is used to start play. A mercy rule can be applied and modified checking is allowed.



## 14U

- Players: 12v12 includes goalies
- Field Size: 110-140 yards x 60-70 yards
- Equipment: Traditional sticks and balls
- Play of Game: A draw is used to start play. A mercy rule can be applied and transitional checking is allowed.

### NOTABLE RULE CHANGES FOR 2020

- a. Allowance for free movement on a whistle or a stoppage of play.
- b. At the 12U and 14U levels, self-start when self-start is not an option is a false start and a change of possession.
- c. Inclusion of the neck area in the penalty for check to the head.

Rule changes for 2020 will be signified with a screened background throughout the rulebook

## 2020 Points of Emphasis

### STARTS AND RESTARTS

As the second year of allowing self-starts begins, the rules committee would like to clarify how they are administered. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self-start. When a whistle is required to start play and a player self-starts on her own, a false start penalty will be administered for the U12 and U14 levels. Consistent and proper officiating will provide smooth transition for starting and restarting play.

### DELAY OF GAME – SELF-START

As the pace of play has increased, the rules committee has identified both offensive and defensive delays of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and

players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage the delays with warning, upgrade to a major foul and use the green, green-yellow and yellow cards.

### REPEATED FOULS

This point of emphasis is to focus game management on limiting repetitive fouls and manage illegal play. These fouls disrupt the flow of play and present a risk of injury and unsafe play. Any foul on the field is a warning to all participants. When a team or an individual player is recognized by the officials and continues to commit a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown or slow a team's movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.

### PROFESSIONALISM

US 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.

### FUTURE EQUIPMENT CHANGES

1. Effective January 1, 2021, all goalkeepers shall wear chest protectors designed for lacrosse that meets the NOCSAE ND200 standard at the time of manufacture.



# 8U GIRLS' LACROSSE

In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2020 NFHS rule book apply. For further clarifications, please contact [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

## Philosophy of 8U Lacrosse

8U lacrosse is the age when many young athletes first experience the sport of lacrosse. The children entering at this point often differ greatly in their physical and cognitive development.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Following simple rules of play**
- **Good Sportsmanship**

## Age and Eligibility

It is recommended that when multiple teams exist within a program, administrators should consider the physical size, skill, and maturity when selecting teams. Ideally, players should be playing in single age classifications.

## 8U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

- 4v4 (cross field)
- No goalies
- Smaller sticks and soft balls
- Eyewear is required
- 3'v3' goals or 4'v4' goals are recommended

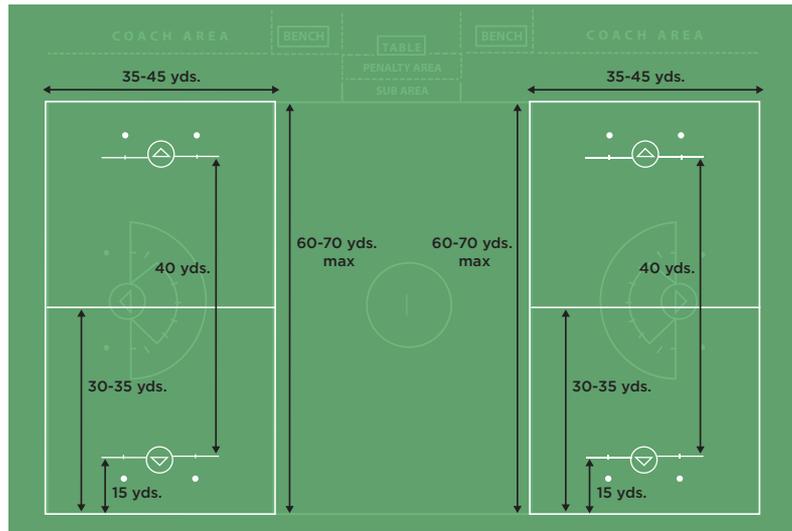
## 8U GIRLS' RULES OVERVIEW

- No draw and players line up in their defensive end to start game
- Coaches can be on the field to assist and 'officiate'
- No score is kept
- One pass rule
- After a goal, defense is given the ball for a clear
- Must play 1v1 defense

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

# RULE 1: The Playing Area and Goals

## THE FIELD DIAGRAM



### 1.1 - LENGTH AND WIDTH

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. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width. Note: Flat disc cones may be used to designate the playing area if field lining is an issue.

### 1.2 - GOAL CIRCLE

The goal circle can be adjusted to a 6' radius and may be painted on the field or marked with flat disc cones. A goal line marking is not required. A High School regulation 8.5 goal circle or pop up goal circle is also permissible.

### 1.3 - GOALS

A 3'x3' or 4'x4' foot goal with securely affixed netting is recommended. The goal shall be centered within the goal circle.

# RULE 2: Equipment and Uniforms

## 2.1 - BALLS

It is recommended that a soft lacrosse ball, tennis ball or other soft athletic ball of similar or larger diameter be used. Standard lacrosse balls must not be used at this level.

## 2.2 - THE LACROSSE STICK

Smaller sized lacrosse sticks shall be used at this level of play. If they are using a standard stick that is cut down, best practices guide that the stick should be approximately the distance from the ground to the players waist. There are no requirements or limitations on pocket depth.

## 2.3 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team.

Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

# RULE 3: Game Personnel

## 3.1 - NUMBER OF PLAYERS

4 players from each team on the field at a time. No goalkeepers shall be used and no players shall enter the goal circle to assume the position of a goalkeeper.





### 3.2 - COACHES

Each team may have one coach roaming the field to instruct ALL players, and serve as an official.

### 3.3 - OFFICIALS

Officials are not required for this level of play. However if officials are used, then only one (1) certified official is necessary per field of play.



### 3.4 - TIME KEEPER

If officials are used in a game they shall assume all timing responsibilities. If officials are not used then the coaches for each team shall designate a timekeeper.

### 3.5 - SCORE KEEPER

Not applicable at this level of play since official score is not kept.

## RULE 4: Time Factors and Scoring

### 4.1 - LENGTH OF THE GAME

A competition will consist of two (2) twelve-minute running time halves, with a four minute halftime period. Potential modifications could include four (4) x six (6) minute quarters.

### 4.2 - TIMEOUTS

Teams will have **one** (1) two-minute time out per game. The clock may also stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

### 4.3 - OVERTIME

Overtime shall not be played at this age group.

### 4.4 - SCORING

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

## RULE 5: Play of the Game

### 5.1 - COIN TOSS

Prior to the start of competition the official will call one player from each team and conduct a coin toss. The winner of the coin toss will start the competition with possession of the ball at the Center Spot. The team that did not start the game with the ball will have the first Alternating Possession and will start with possession in the second half.

### 5.2 - START OF GAME OR HALF

The competition is played with each team placing up to four players on the field (4v4) to start the game. The team on defense will give a 4m cushion to all offensive players and the ball carrier until the whistle is blown to start play, at which time they are free to guard an offensive counterpart.





### 5.3 – RESTART AFTER A GOAL IS SCORED

The official will remove the ball from the goal and give it to a player along the goal line to the side of the goal circle. The ball is awarded to the team who was just scored upon and the remaining players will be moved 4m away.

### 5.4 – RESTARTING PLAY – SELF-START

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self-start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.

NOTE : The player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials' whistle.

Self-start is not an option when:

- The game clock is stopped;
- There is a restraining line violation; (not applicable at 8U)
- The ball is in the critical scoring area, excluding boundary restarts;
- There is an alternating possession;
- There is an inadvertent whistle; or,
- A goal is scored.

### 5.4.1 – FREE MOVEMENT

Free movement is allowed for players on a whistle or a stoppage of play. Boundary rules and clearing of the penalty zone are still in force.

### 5.5 – OUT OF BOUNDS

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, and may self-start without stopping in bounds. Play cannot commence with a pass from out of bounds. NOTE: Out of bounds as a result of a shot on goal results in possession to the player whose stick or body was closest to the ball when it went out of bounds.

### 5.6 – RESTRAINING LINE

Not applicable at this age level.

### 5.7 – GOAL CIRCLE VIOLATIONS

No player may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

### 5.8 – ALTERNATE POSSESSION

Alternate possession should be used when a coach or official cannot determine who should be awarded the ball, if off-setting fouls occur or with contested ground ball fouls. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

## 5.9 – SUBSTITUTION PROCEDURES

Best practices recommend whole team substitutions after a goal is scored or every 1-3 minutes during a stoppage of play.

## RULE 6: Fouls

At this level of play

- 1) Illegal or dangerous contact as well as
- 2) Unsportsmanlike conduct would be considered major fouls, where the player would be taken off the field for a brief time period - no cards are used and the team does NOT play short.

Other fouls will result in stoppage of play and change of possession. All restarts will require 4 meters of free space around the ball carrier. In the case of major fouls, the offending player shall be placed 4 meters behind.

### 6.1 – CONTESTED GROUND BALLS

A loose ball shall be contested by no more than two (2) players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. Kicking of the ball is not permitted.

### 6.2 – COVERING THE BALL

Players are not permitted to cover the ball under any circumstances with their stick or body. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

### 6.3 – GOAL CIRCLE VIOLATIONS

No player may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

### 6.4 – MINIMUM PASS RULE

Teams must **attempt** one pass before going to goal. Coaches may agree to add an additional time restriction to encourage ball movement and limit holding the ball. Suggested option is to limit a player in possession of the ball to five (5) seconds from when she first possesses the ball to attempt a pass or shot. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

## 6.5 – 1 V 1 DEFENSE

Players must be marking (within a stick's length) 1 v 1 on defense or when her team does not have the ball. If a defensive player leaves her player to double the ball, the whistle should be blown and the offending player moved back to her mark. Penalty: Immediate stoppage of play and possession is awarded to the offended team, with all other players moved 4 meters away.

### 6.6 – 3 SECONDS CLOSELY GUARDED (OFFENSE)

Player with the ball may not hold the ball for more than 3 seconds when

- a) closely guarded
- b) the defense has both hands on their stick
- c) the defense is in a position to legally check if checking were allowed.

Penalty: Immediate stoppage of play and possession is awarded to the offended team.

### 6.7 – SHOOTING FOULS

Players are responsible for not shooting at other players and a safe follow through on all shots. The stick cannot follow through into the goal circle. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

### 6.8 – CONTACT

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

### 6.9 – UNSPORTSMANLIKE CONDUCT

Participants are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language or obscene gestures by players, coaches and spectators shall result in a penalty. Penalty: Unsportsmanlike Conduct foul is a major foul and will result in an immediate stoppage of play. The player shall be taken off the field and substituted for. The ball is awarded to the offended team. At no time should either team be playing with fewer players than their opponent.



# 10U GIRLS' LACROSSE

In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2018 NFHS rule book apply. For further clarifications, please contact [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

## Philosophy of 10U Lacrosse

10U lacrosse is where young athletes begin developing fundamental technical skills in lacrosse.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Good Sportsmanship**
- **Trying new skills in a team setting**
- **Learning and exploring overall play of the game**

## Age and Eligibility

Player must be 9 years old or younger on August 31 of the year preceding competition at the 10U level. Ideally, players should be playing in single age classifications and should be at a minimum 8 years old.

## 10U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

- 8v8 includes goalies, (cross field)
- Traditional stick and balls, modified pocket is allowed
- Officials are required
- Score can be kept

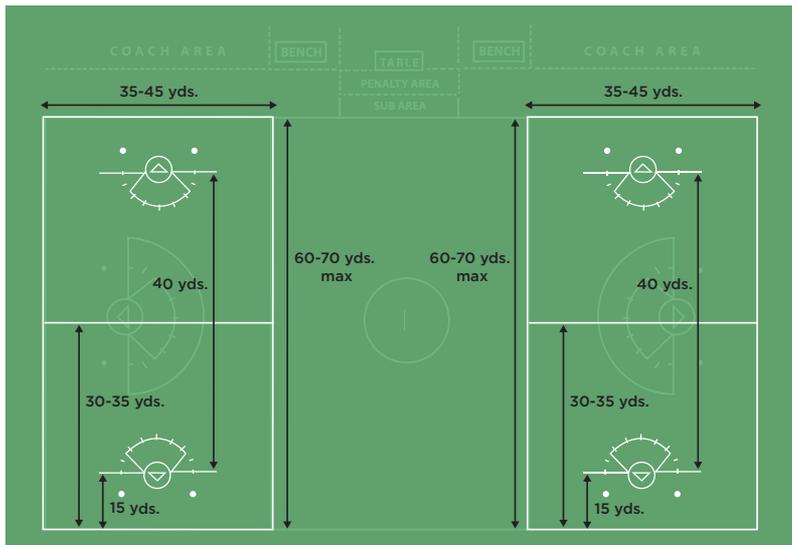
## 10U GIRLS' RULES OVERVIEW

- At the draw players line up in both offensive and defensive end, traditional line up
- Introduction of the 8 meter arc and restraining line at midfield
- After a goal, the goalkeeper clears
- No checking and 3-seconds closely guarded applies
- Must play 1v1 defense
- There is no longer a pass rule

*Significant changes introduced at the 10U level include introduction of the goalkeeper and cards for penalty administration. The restraining line, 8m arc are now included and this corresponds with the introduction of 8m rules - shooting space and 3 second defense. As a consequence of these changes, fouls are delineated major, minor and cardable. There is the introduction of pocket requirements though a modified pocket is allowed and the pass rule is eliminated at this age. The important consistencies that remain at 10U with the 6U/8U game: checking is still prohibited; cards do not mandate that a team plays short and 3 seconds closely guarded still applies*

# RULE 1: The Playing Area and Goals

## THE FIELD DIAGRAM



### 1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width. NOTE that the 8 meter arc and a restraining line must be included at this age. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width.

### 1.2 - GOAL CIRCLE

The goal circle shall have an 8.5 radius and may be painted on the field or marked with flat disc cones.

### 1.3 - GOALS

A regulation 6'x6' foot goal with securely affixed netting is allowable or 4'x4' foot goal. The goal shall be centered within the goal circle.

# RULE 2: Equipment and Uniforms

## 2.1 - BALLS

Ball must meet NOCSAE specifications.

## 2.2 - THE LACROSSE STICK

Regulation for existing USL specifications for lacrosse sticks, with a modified pocket allowed. No more than 1/2 of the ball can be seen below the sidewall. Please see Appendix C for more details on equipment specifications on stick and pockets.

## 2.3 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

## 2.4 - GOALKEEPER 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 protection on the shins and thighs.

The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. Please see Appendix C for specifications and guidelines for goalkeeper equipment.

# RULE 3: Game Personnel

## 3.1 - NUMBER OF PLAYERS

8 players (7 Field and 1 goalkeeper) from each team on the field at a time. If one team is unable to field a goalie both teams must play 7v7 with a non-goalie format.

## 3.2 - COACHES

The coach must remain on the sideline in the coaches' box and team area.

## 3.3 - OFFICIALS

Officials are required for this level of play. One (1) certified official is necessary per field of play, two are recommended.



### 3.4 - TIME KEEPER

Officials assume all timing responsibilities or designate a timekeeper.

### 3.5 - SCORE KEEPER

Local level decision. Post season playoffs and championships are not recommended.

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## RULE 4: Time Factors and Scoring

### 4.1 - LENGTH OF THE GAME

A competition will consist of two (2) eighteen-minute running time halves, with a five minute halftime period.

### 4.2 - TIMEOUTS

Teams will have **one** (1) two minute time out per game. The clock may also stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

### 4.3 - OVERTIME

Overtime shall not be played at this age group.

### 4.4 - SCORING

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

## RULE 5: Play of the Game

### 5.1 - COIN TOSS

Prior to the start of competition the official will call one player from each team and conduct a coin toss. The winner of the coin toss can choose direction of play or have the first Alternating Possession.

### 5.2 - START OF GAME OR HALF

The competition is started with each team placing **up to** 7 field players on the field to start the game. Three (3) players will be placed in the 8m in the offensive end and three (3) players in the 8m in the defensive end. The 7th field player will be at the center to take the draw. Players must hold in the 8m until the official has signaled that possession has been attained.

### 5.3 - RESTART AFTER A GOAL IS SCORED

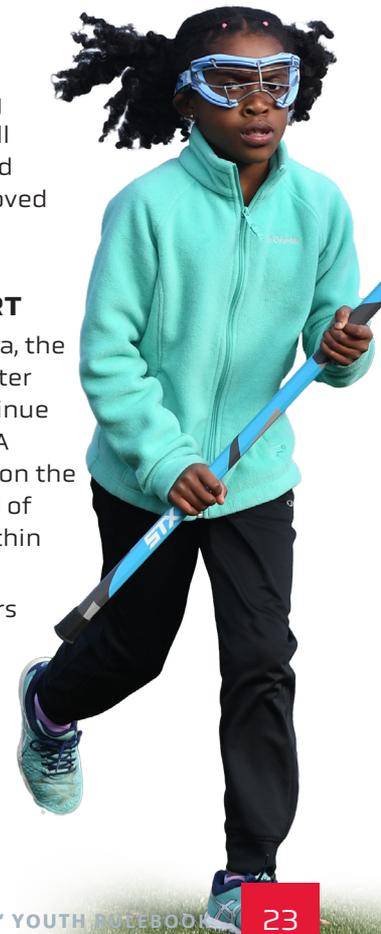
Goalkeeper free clear – opposing team moves above 8m. Without a goalkeeper, the official will remove the ball from the goal and give it to a defensive player along the goal line to the side of the goal. The ball is awarded to the team who was just scored upon and the remaining players will be moved 4m away.

### 5.4 - RESTARTING PLAY - SELF-START

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self –start must be taken within playing distance of the spot of the foul.

All other players must move four (4) meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.



*NOTE : The player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials' whistle.*

Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation;
- c. The ball is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or,
- f. A goal is scored.

#### **5.4.1 - FREE MOVEMENT**

Free movement is allowed for players on a whistle or stoppage of play. Boundary rules and clearing of the penalty zone are still in force. For major fouls anywhere on the field, the offending player must move 4 meters behind the player taking the free position and stand until play is restarted with a whistle or self-start. For minor fouls, the offending player moves 4 meters away in the direction from which she approached.

#### **5.5 - OUT OF BOUNDS**

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, and may self-start without stopping in bounds. Play cannot commence with a pass from out of bounds. NOTE: Out of bounds as a result of a shot on goal results in possession to the player whose stick or body was closest to the ball when it went out of bounds.

#### **5.6 - RESTRAINING LINE**

Restraining line is introduced at this age level. Two (2) players must stay back behind the midfield line. A team is considered offside when they have more than five (5) players in their offensive end or more than six (6) in their defensive end including the goalie.

#### **5.7 - GOAL CIRCLE RULES**

No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

#### **5.8 - ALTERNATE POSSESSION**

Alternate possession should be used when a coach or official cannot determine who should be awarded the ball, if off-setting fouls occur or with contested ground ball fouls. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

#### **5.9 - SUBSTITUTION PROCEDURES**

Coaches should emphasize regular substitutions focusing on player development in multiple positions on the field. It is recommended that substitutions occur on a stoppage of play, whistle or goal but substitutions can occur during play.

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### **RULE 6: Fouls**

At this level of play fouls fall into three (3) categories :

- 1) **Minor (misplay, procedural)**, penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle.
- 2) **Major (safety)**, penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle
- 3) **Cardable/Misconduct (excessive)**, penalty administration is a card. Ball is no closer than 8 meters to the goal circle. While cards are administered at 10U and the player will serve a specific time penalty, the team does NOT play short.

**CARDS:** A player will serve two (2) minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.

### **Minor**

#### **6.1 - CONTESTED GROUND BALLS**

A loose ball shall be contested by no more than two (2) players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. Kicking the ball is not permitted.

#### **6.2 - COVERING THE BALL**

Players are not permitted to cover the ball under any circumstances with their stick or body.

### 6.3 – MINIMUM PASS RULE

The minimum pass rule is eliminated at this level of play. However, coaches may agree to add an additional time restriction to encourage ball movement.

### 6.4 – 1 V 1 DEFENSE

1 v 1 defense is required in the midfield area at this level of play. More than one player can defend the ball in the critical scoring area. Shooting space and 3 second defense rules are now introduced.

### 6.5 – 3 SECONDS CLOSELY GUARDED (OFFENSE)

Player with the ball may not hold the ball for more than three (3) seconds when a) closely guarded b) the defense has both hands on their stick and c) the defense is in a position to legally check if checking were allowed.

### 6.6 – GOALKEEPER FOULS

The goalkeeper must not:

- a) Allow the ball to remain in the goal circle longer than 10 seconds.
  - b) Step back into the goal circle when she has possession of the ball.
- She or a teammate may not return the ball to the goal circle, (carrying or rolling) until the ball has been played by a player.

## Major

### 6.7 – RESTRAINING LINE VIOLATION

Restraining line is introduced at this age level. Three (3) players must remain behind midline when ball in offensive end (includes the goalkeeper), two (2) players behind when ball is in defensive end.

### 6.8 – 3 SECONDS IN THE ARC (DEFENSE)

Defenders cannot remain inside the 8-meter arc unless marking an opponent within a stick's length. More than one player can be marking the ball carrier in the arc. However, more than one defender can mark the ball carrier in the 8 meter as long as they are within a stick's length.

### 6.9 – SHOOTING SPACE

Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.

### 6.10 – GOAL CIRCLE VIOLATIONS

No player other than the properly equipped goalkeeper may enter the goal circle at any time. Offensive players may not follow through into the goal circle on a shot.

## Major or Cardable

### 6.11 – CONTACT

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

## Cardable

### 6.12 – SHOOTING FOULS

Players are responsible for not shooting at other players and a safe follow through on all shots. The stick cannot follow through into the goal circle. Dangerous Propel and Dangerous Follow Through are mandatory cards.

Dangerous Shot: shoot dangerously or without control at the goalkeeper. 1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

### 6.13 – UNSPORTSMANLIKE CONDUCT

Participants are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language or obscene gestures by players, coaches or spectators shall result in a penalty.

### Penalty Administration for Major Fouls in the Critical Scoring Area:

For a major foul by a defense player which occurs in the 8-meter arc:

- a. The player who was fouled will move to a 8-meter hash mark nearest the spot of the foul.
- b. The player who fouled moves 4 meters directly behind the player taking the free position.
- c. All players' and sticks must be cleared from the penalty zone.
- d. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
- f. A defender may take a position at each hash mark adjacent to the player with the ball on an 8-meter free position.



# 12U GIRLS' LACROSSE

In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2020 NFHS rule book apply. For further clarifications, please contact [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

## Philosophy of 12U Lacrosse

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **Fun**
- **Using technical skills in game situation**
- **Exploring and applying new tactical skills**
- **Sportsmanship**

## Age and Eligibility

Player must be 11 years old or younger on August 31 of the year preceding competition at the 12U level. Ideally, players should be playing in single age classifications.

## 12U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

- 8v8 (cross field) or 12v12 (full field) includes goalies
- Traditional stick and balls
- Officials are required
- Score can be kept

## 12U GIRLS' RULES OVERVIEW

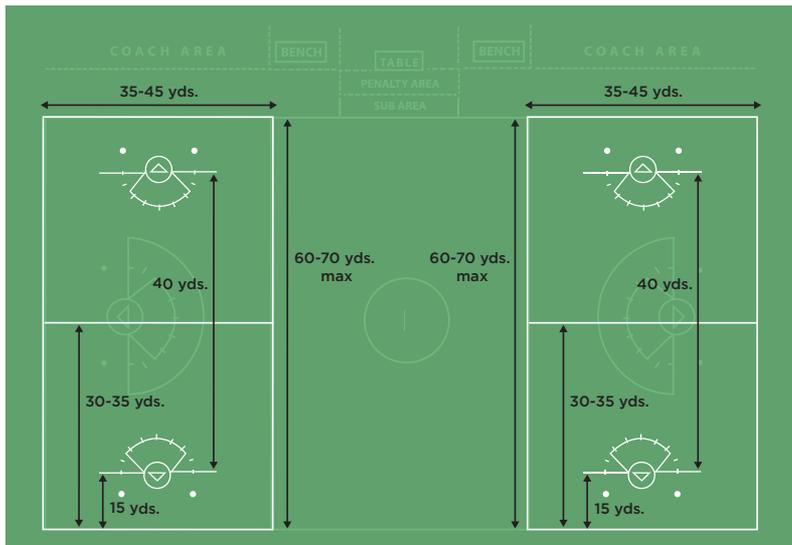
- At the draw players line up in both offensive and defensive end, traditional line up
- Draws after goals: Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.
- Modified checking is allowed and 3-seconds closely guarded applies

*Significant changes at the 12U level include the option for full field play; modified checking is introduced and a team serving a card now plays short.*

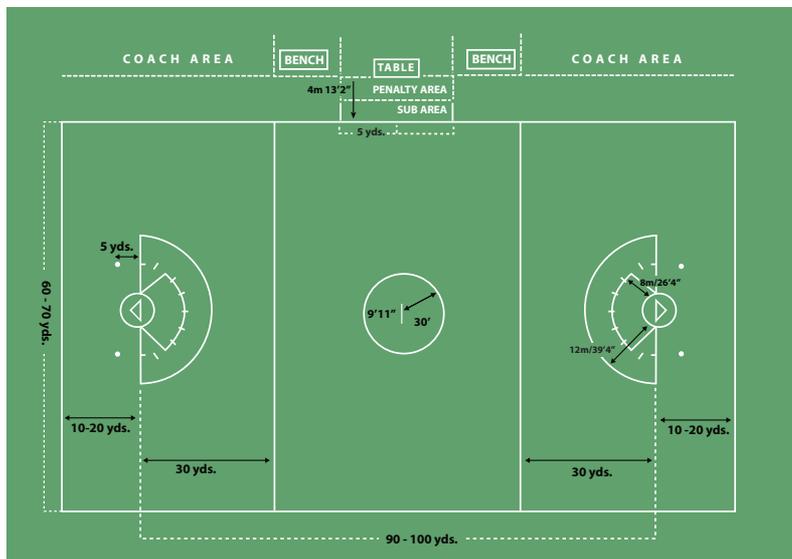
*Significant consistencies with the younger level: 3 seconds closely guarded still applies. There is the option for small sided play.*

# RULE 1: The Playing Area and Goals

## THE FIELD DIAGRAM



## THE 12V12 FIELD



## 1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 110-140 yards max in length and 60 - 70 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width. NOTE that the 8 meter arc, 12 meter fan and a restraining line are included at this age. If they are playing 8v8 the cross field dimensions for 10U would be used.

*NOTE: There are additional approved field dimensions specific to age groups, please refer to Appendix I.*

## 1.2 - GOAL CIRCLE

The goal circle shall have an 8.5 radius and may be painted on the field or marked with flat disc cones.

## 1.3 - GOALS

6'x6' is the regulation goal for this age group.

# RULE 2: Equipment and Uniforms

## 2.1 - BALLS

Ball must meet NOCSAE specifications

## 2.2 - THE LACROSSE STICK

The top of the ball must remain visible when pressure has been applied and released in both the back and front face of the pocket. The ball must move freely in the front face of the pocket and the upper third of the back face of the pocket. All other existing USL specifications for lacrosse sticks and pocket requirements are in force. See Appendix C for further equipment specifications.

## 2.3 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

**2.4 - GOALKEEPER 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, pelvic protector and padding on the shins and thighs. Please see Appendix C for specifications and guidelines for goalkeeper equipment.

## **RULE 3:** Game Personnel

### **3.1 – NUMBER OF PLAYERS**

8 v 8 or 12 v 12 players (7 or 11 Field and 1 goalkeeper) from each team on the field at a time.

### **3.2 – COACHES**

Coaches must remain on the sideline in the coaches' box and team area.

### **3.3 – OFFICIALS**

Officials are required for this level of play. USL recommends two (2) certified officials.

### **3.4 – TIME KEEPER**

A staffed table for score and timekeeper

### **3.5 – SCORE KEEPER**

Scores are to be kept at this level of play.

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## **RULE 4:** Time Factors and Scoring

### **4.1- LENGTH OF THE GAME**

A competition will consist of two (2) twenty-minute running time halves, with a five minute halftime period.

### **4.2 – TIMEOUTS**

Teams will have **two** (2) two-minute timeout per game. The clock may also be stopped in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

### **4.3 – OVERTIME**

Two (2) three minute overtimes. Sudden Victory

### **4.4 – SCORING**

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

## **RULE 5:** Play of the Game

### **5.1 – COIN TOSS**

Prior to the start of competition the official will call one player from each team and conduct a coin toss. The winner of the coin toss can choose direction of play or have the first Alternating Possession.

### **5.2 – START OF GAME OR HALF**

The competition is started with each team placing **up to seven** (7) or eleven (11) field players on the field to start the game plus a goalkeeper. If one of the teams is unable to field a goalkeeper, the opposing team may choose to play without a goalkeeper. For full field play, three (3) field players from each team will be positioned around the draw circle to take the draw. For modified numbers / cross-field play, three (3) players from each team are positioned on the 8m, offensive and defensive ends. The 7th field player from each team takes the draw at the center spot. Players must hold in the 8m or behind the restraining line until the official has signaled that possession has been attained.

### **5.3 – RESTART AFTER A GOAL IS SCORED**

After a goal is scored, the competition will restart with a 3v3 draw at the center. The Mercy Rule: if a team is winning by four or more goals, the trailing team can elect to take an indirect free position at the draw center.

### **5.4 – RESTARTING PLAY – SELF-START**

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self -start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.

NOTE : The player taking the free position may wait until all players are moved four (4) meters away, and then play may commence on the officials' whistle.

Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation; (not applicable at 6U)
- c. The ball is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or,
- f. A goal is scored.

Self-starting when self-start is not an option is a false start and a change of possession.

### 5.4.1 - FREE MOVEMENT

Free movement for players is allowed on a whistle or stoppage of play. Boundary rules and clearing of the penalty zone are still in force. For major fouls anywhere on the field, the offending player must move 4 meters behind the player taking the free position and stand until play is restarted with a whistle or self-start. For minor fouls, the offending player moves 4 meters away in the direction from which she approached.

### 5.5 - OUT OF BOUNDS

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, and may self-start without stopping in bounds. Play cannot commence with a pass from out of bounds. NOTE: Out of bounds as a result of a shot on goal results in possession to the player whose stick or body was closest to the ball when it went out of bounds.

### 5.6 - RESTRAINING LINE

Two (2) or four (4) players must stay back behind the restraining line when the team is on defense. Three (3) or five (5) players must stay behind the restraining line when the team is offense (this includes the goalkeeper.) Note the restraining line is the midfield line for 8v8 modified field play.

### 5.7 - GOAL CIRCLE RULES

No player other than the goalkeeper may enter the goal circle at any time. A player may not follow through into the goal circle on a shot.

### 5.8 - ALTERNATE POSSESSION

Alternate possession should be used when a coach or official cannot determine who should be awarded the ball or if off-setting fouls occur. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

### 5.9 - SUBSTITUTION PROCEDURES

Coaches should emphasize regular substitutions focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.

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## RULE 6: Fouls

At this level of play fouls fall into three (3) categories :

- 1) **Minor (misplay, procedural)**, penalty administration is 4 meters away from the ball. The ball is at least 12 meters from the goal circle.
- 2) **Major (safety)**, penalty administration is 4 meters behind and the ball is at least 8 meters from the goal circle.
- 3) **Cardable/Misconduct (excessive)**, penalty administration is a card. Ball is at least 8 meters from the goal circle. For a card, the player will serve a specific time penalty AND the team will play short.

**CARDS:** A player will serve two (2) minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.

## Minor

### 6.1 - CONTESTED GROUND BALLS

There are no restrictions at this age for number of players contesting a ground ball. In addition, players may use a kicking motion to move a ball into free space as long as it does not pose danger to other players and it is not a shot on goal.

### 6.2 - COVERING THE BALL

Players are not permitted to cover the ball with their stick or body when an opponent is within playing distance.

### 6.3 - MINIMUM PASS RULE - None

### 6.4 - 1 V 1 DEFENSE - No longer applies

### 6.5 - 3 SECONDS CLOSELY GUARDED (OFFENSE)

Player with the ball may not hold the ball for more than three (3) seconds when a) closely guarded b) the defense has both hands on their stick c) the defense is in a position to legally check if checking were allowed.

### 6.6 - GOALKEEPER FOULS

The goalkeeper must not:

- a) Allow the ball to remain in the goal circle longer than ten (10) seconds.
- b) Step back into the goal circle when she has possession of the ball.

She or a teammate may not return the ball to the goal circle, (carrying or rolling) until the ball has been played.

## Major

### 6.7 - RESTRAINING LINE VIOLATION

For full field, 5 players behind line when ball is in offensive end, four (4) players behind when ball is in defensive end. For cross-field, three (3) players behind midfield line when ball is in offensive end, two (2) players behind when ball is in defensive end.

### 6.8 - 3 SECONDS IN THE ARC (DEFENSE)

Defenders cannot remain inside the 8m arc unless marking an opponent within a stick's length. More than one defender can mark the ball carrier in the 8m. However, more than one defender can mark the ball carrier in the 8 meter as long as they are within a stick's length.

### 6.9 - SHOOTING SPACE

Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.

### 6.10 - GOAL CIRCLE VIOLATIONS

No player other than the properly equipped goalkeeper may enter the goal circle at any time. Offensive players may not follow through into the goal circle on a shot.

## Major or Cardable

### 6.11 - CONTACT

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

### 6.12 - ILLEGAL CHECK

Modified Checking below the shoulder is permitted. Any check above the shoulder or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check. Check to the head **and neck** and a slash are mandatory cards.

## Cardable

### 6.13 - SHOOTING FOULS

Players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots. Dangerous Propel and Dangerous Follow Through are mandatory cards.

Dangerous Shot: shoot dangerously or without control at the goalkeeper. 1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

### 6.14 - UNSPORTSMANLIKE CONDUCT

Participants are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language or obscene gestures by players, coaches or spectators shall result in a penalty.

### Penalty Administration for Major Fouls in the Critical Scoring

**Area:** For a major foul by a defense player in the 8-meter arc:

- a. The player who was fouled will move to a 8m hash mark nearest the spot of the foul.
- b. The player who fouled moves 4 meters directly behind the player taking the free position.
- c. All players' and sticks must be cleared from the penalty zone.
- d. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
- e. A defender may take a position at hash marks adjacent to the player with the ball on a 8m free position.
- f. If the foul is between the 8m and 12m, the player who was fouled will move to the 12m closest to the foul, a lane will be cleared.



# 14U GIRLS' LACROSSE

In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2020 NFHS rule book apply. For further clarifications, please contact [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

## Philosophy of 14U Lacrosse

14U lacrosse is where young athletes begin emerging into a competitive environment. The game they play should be reinforcing fundamental technical skills and practical tactical applications for playing lacrosse. Essentially they are preparing to be competitors.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **Fun**
- **Using technical skills in game situation**
- **Exploring and applying new tactical skills**
- **Sportsmanship**

## Age and Eligibility

Player must be 13 years old or younger on August 31 of the year preceding competition at the 14U level. Ideally, players should be playing in single age classifications.

## 14U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

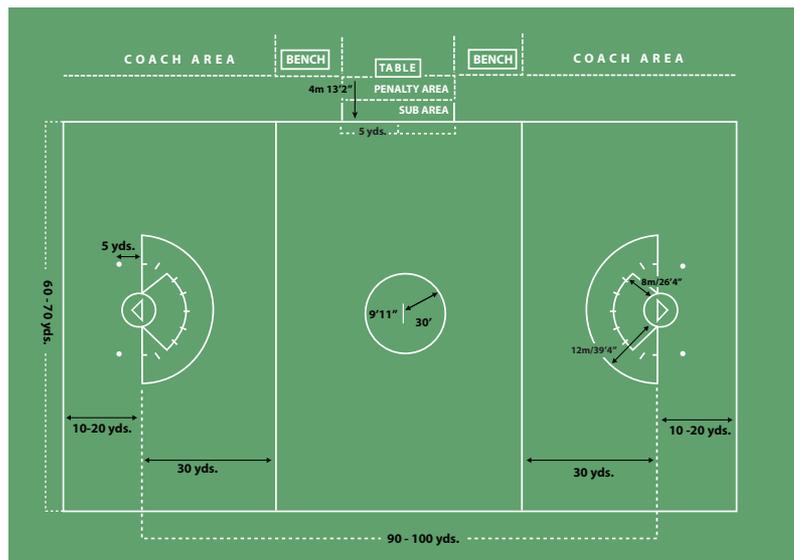
- 12v12 includes goalies (full field)
- Traditional stick and balls
- Officials are required
- Score can be kept

## 14U GIRLS' RULES OVERVIEW

- Traditional line up for draw
- Draw after goals, mercy rule applies
- Transitional checking

# RULE 1: The Playing Area and Goals

## THE FIELD DIAGRAM



### 1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 110-140 yards max in length and 60-70 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2-4 inches in width. Note: the 8-meter arc, 12-meter fan and a restraining line are included at this age.

### 1.2 - GOAL CIRCLE

The goal circle shall have an 8.5 radius and may be painted on filed or marked with flat disc cones.

### 1.3 - GOALS

6' x 6' is the regulation goal for this age group.

## RULE 2: Equipment and Uniforms

### 2.1 - BALLS

Ball must meet NOCSAE specifications.

### 2.2 - THE LACROSSE STICK

The top of the ball must remain visible when pressure has been applied and released in both the back and front face of the pocket. The ball must move freely in the front face of the pocket and the upper third of the back face of the pocket. All other existing USL specifications for lacrosse sticks and pocket requirements are in force. See Appendix C for further equipment specifications.

### 2.3 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

### 2.4 - GOALKEEPER 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, pelvic protector and padding on the shins and thighs.

Please see Appendix C for specifications and guidelines for goalkeeper equipment.

## RULE 3: Game Personnel

### 3.1 - NUMBER OF PLAYERS

12 v 12 players (11 Field and 1 goalkeeper) from each team on the field at a time.



### 3.2 - COACHES

The coach must remain on the sideline in the coaches' and team area.

### 3.3 - OFFICIALS

Officials are required for this level of play. USL recommends two (2) certified officials on the field for competition.

### 3.4 - TIME KEEPER

A staffed table for score and timekeeper.

### 3.5 - SCORE KEEPER

Scores are kept at this level.

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## RULE 4: Time Factors and Scoring

### 4.1 - LENGTH OF THE GAME

A competition will consist of two (2) twenty five-minute running time halves, with a five minute halftime period. Team may choose to use stopped clock for the last two minutes of each half.

### 4.2 - TIMEOUTS

Teams will have **two** (2) two minute timeout per game. The clock shall only stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

### 4.3 - OVERTIME

Two (2) three minute overtimes. Sudden Victory.

### 4.4 - SCORING

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

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## RULE 5: Play of the Game

### 5.1 - COIN TOSS

Prior to the start of competition the official will call one player from each team and conduct a coin toss. The winner of the coin toss can choose direction of play or have the first Alternating Possession.

### 5.2 - START OF GAME OR HALF

The competition is started with each team placing **up to** 11 field players and a goalkeeper on the field to start the game. 3 field players from each team will be positioned around the draw circle for the draw. The players behind the restraining lines must hold until the official has signaled that possession has been attained.

### 5.3 - RESTART AFTER A GOAL IS SCORED

After a goal is scored, the competition will restart with a 3v3 draw at the center. The Mercy Rule: if a team is winning by four or more goals, the trailing team can elect to take an indirect free position at the draw center.

### 5.4 - RESTARTING PLAY - SELF-START

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self-start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.

NOTE : The player taking the free position may wait until all players are moved 4 meters away, and then may commence on the officials' whistle.



Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation; (not applicable at 6U)
- c. The ball is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or,
- f. A goal is scored.

Self-starting when self-start is not an option is a false start and a change of possession.

### 5.4.1 - FREE MOVEMENT

Free movement is allowed for players on a whistle or a stoppage of play. Boundary rules and clearing of the penalty zone are still in force. For major fouls anywhere on the field, the offending player must move 4 meters behind the player taking the free position and stand until play is restarted with a whistle or self-start. For minor fouls, the offending player moves 4 meters away in the direction from which she approached.

### 5.5 - OUT OF BOUNDS

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, and may self-start without stopping in bounds. Play cannot commence with a pass from out of bounds. NOTE: Out of bounds as a result of a shot on goal results in possession to the player whose stick or body was closest to the ball when it went out of bounds.

### 5.6 - RESTRAINING LINE

Five (5) players behind line when ball in offensive end, four (4) players behind when ball is in defensive end.

### 5.7 - GOAL CIRCLE RULES

No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot.

### 5.8 - ALTERNATE POSSESSION

Alternate possession should be used when an official cannot determine who should be awarded the ball or if off-setting fouls occur. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

### 5.9 - SUBSTITUTION PROCEDURES

Coaches should emphasize regular substitutions focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.

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## RULE 6: Fouls

At this level of play fouls fall into three (3) categories :

- 1) **Minor (misplay, procedural)**, penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle
- 2) **Major (safety)**, penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle.
- 3) **Cardable/Misconduct (excessive)**, penalty administration is a card. Ball is no closer than 8 meters to the goal circle. For a card, the player will serve a specific time penalty AND the team will play short.

**CARDS:** A player will serve two (2) minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.

## Minor

### 6.1 - CONTESTED GROUND BALLS

USL/NFHS rules for ground ball play at this level.

### 6.2 - COVERING THE BALL

Players are not permitted to cover the ball with their stick or body when an opponent is within playing distance.

### 6.3 - MINIMUM PASS RULE - None

### 6.4 - 1 V 1 DEFENSE - No longer applies.

## 6.5 - GOALKEEPER FOULS

The goalkeeper must not:

- a) Allow the ball to remain in the goal circle longer than 10 seconds.
- b) Step back into the goal circle when she has possession of the ball.

She or a teammate may not return the ball to the goal circle, (carrying or rolling) until the ball has been played by another player from the opposing team.

## Major

### 6.6 - RESTRAINING LINE VIOLATION

Five (5) players behind line when ball in offensive end, four (4) players behind when ball is in defensive end.

### 6.7 - 3 SECONDS IN THE ARC (DEFENSE)

Defenders cannot remain inside the 8m arc unless marking an opponent within a stick's length. More than one defender can mark the ball carrier in the 8m. However, more than one defender can mark the ball carrier in the 8m as long as they are within a stick's length.

### 6.8 - SHOOTING SPACE

Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.

### 6.9 - GOAL CIRCLE VIOLATIONS

No player other than the properly equipped goalkeeper may enter the goal circle at any time. Offensive players may not follow through into the goal circle on a shot.

## Major or Cardable

### 6.10 - CONTACT

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

## 6.11 - ILLEGAL CHECK

Transitional Checking - An attempt to dislodge the ball from an opponent's crosse in which the checking movement is down and away from the body and outside a 12-inch sphere surrounding the head is allowable. The checking motion may not reach across an opponent's body. Any check into the sphere constitutes an illegal check. Check to the Head and neck and a Slash are mandatory cards.

## Cardable

### 6.12 - SHOOTING FOULS

Players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots. Dangerous Propel and Dangerous Follow Through are mandatory cards.

Dangerous Shot: shoot dangerously or without control at the goalkeeper. 1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

### 6.13 - UNSPORTSMANLIKE CONDUCT

Players are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language, or obscene gestures by players or coach shall result in a penalty.

#### Penalty Administration for Major Fouls in the Critical Scoring Area:

Area: For a major foul by a defense player which occurs in the 8-meter arc:

- a. The player who was fouled will move to a 8m hash mark nearest the spot of the foul.
- b. The player who fouled moves 4 meters directly behind the player taking the free position.
- c. All players' and sticks must be cleared from the penalty zone.
- d. The goalkeeper in the 8m may clear back into the goal circle if she did not foul.
- f. A defender may take a position at each hash mark adjacent to the player with ball on an 8m free position.
- g. If the foul occurs between the 8 and 12, the player who was fouled will move to the 12m closest to the foul, a lane will be cleared.

## 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. No player’s stick or body may break the plane of the goal circle.

**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.

**GROUNDED** refers to any part of the goalkeeper's body touching the ground outside the goal circle while she attempts to play the ball from inside the goal circle.

**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.

**MARKING** is guarding an opponent within a stick's length.

**MODIFIED CHECK** is an attempt to dislodge the ball from an opponent's crosse in which the checking crosse movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.

**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 is 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, or 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. The restraining line in cross field play at 10U and 12U is at midfield.

**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. A shot is taken.
- b. The attacking team loses possession of the ball.
- c. The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
- d. 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.
- e. The attacking team fouls.

**SLASH** is a 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.

**STOP CLOCK** means the clock stops after each goal and on every whistle within the last two minutes of play in each half unless there is a ten (10) or more goal differential.

**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 but then 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 boundary line.

**TRANSITIONAL CHECKING** is allowed at the 14U level where checks may occur that are outside of the 12 inch sphere and the defender is in front of or ahead of the the ball carrier and the defender stick is not reaching across the opponent's body to attempt the check

**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 crosses' 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

# OFFICIALS SIGNALS

SIGNAL      FOUL DESCRIPTION



### ALTERNATE POSSESSION

Alternate possession occurs for offsetting fouls or for other incidents as determined by official's when possession cannot be determined. Possession will then alternate and will be continuous through any overtime period(s).



### BLOCKING

Block opponent by moving into her path and giving no chance to stop or change direction and contact occurs.

MAJOR FOUL



### CHECK TO THE HEAD

No player's stick may hit or cause her opponent's stick to hit her own head.

MANDATORY CARD - MAJOR FOUL



### COVER

Guard a ground ball with her foot or crosse when an opponent could play the ball. This call is only made at 10U, 12U and 14U.

MINOR FOUL



### CROSSE INTO/THROUGH SPHERE

It is illegal (and dangerous) for a player to hold her stick within the sphere around the face or throat of an opponent. The sphere is a 7-inch space around the head.

MAJOR FOUL

SIGNAL      FOUL DESCRIPTION



### DANGEROUS CONTACT

It is illegal to thrust or shove any player who is in a defenseless position including head down, outside of visual field, in the air. This also includes contact to the kidneys, back, neck or head.

MANDATORY CARD - MAJOR FOUL



### DANGEROUS FOLLOW-THROUGH & DANGEROUS PROPELLING

Following through with her stick in a dangerous or uncontrolled manner at any time.

Propelling the ball in a dangerous or uncontrolled manner at any time.

MANDATORY CARDS - MAJOR FOUL



### DANGEROUS PLAY

Player actions that are rough, threatening, and/or are without regard to player safety.

MAJOR FOUL

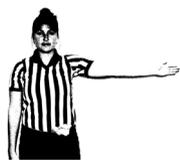


### DANGEROUS SHOT

shooting dangerously or without control at the goalkeeper:

- A dangerous shot is based on the combination of distance, force and placement.
- A shot should not be directed at the goalkeeper's body, especially her head or neck.
- A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

MAJOR FOUL



**DIRECTION OF POSSESSION/  
HELD WHISTLE**

The official will indicate a change in direction when a violation dictates or that an offense should play on during a held whistle after an attacking player has been fouled.



**EARLY ENTRY ON DRAW**

No player may cross over the restraining line prior to the official signaling possession off the draw.

MINOR FOUL



**EMPTY CROSSE CHECK**

Check or hold an opponent's stick when it's not in contact with the ball. Applies only if the opponent could have received or gained possession of the ball. Incidental contact while making a play for the ball is not an empty check.

MINOR FOUL



**FORCING THROUGH**

While in possession of the ball, try to force her stick through an opponent's stick.

MAJOR FOUL



**GOAL**

The official calls all goals and then points to center of field.



**GOAL CIRCLE FOUL**

A field player must not have any part of her body or stick on-or-in the goal circle at any time.

Ball can't be returned to goal circle after a clear until it's been played by another player.

MINOR FOUL



**HOLDING**

Hold an opponent at anytime by holding, detaining, restraining or pushing against her body, clothing, or crosse with an arm, leg, body or crosse.

MAJOR FOUL



**ILLEGAL BALL OFF THE BODY**

Allow any part of her body to deliberately impede, accelerate or change the direction of the ball, other than the foot kicking the ball. However, if the goalkeeper blatantly attempts to stop a shot on goal by playing the ball off her body while outside the goal circle, a Major Foul will be called.

MINOR FOUL



**ILLEGAL CRADLE INTO SPHERE**

Holding, with or without cradling, the head of her crosse in front of her face or her teammate's face, within the sphere or close to her body, or her teammate's body, making a legal or safe check impossible.

MAJOR FOUL



**ILLEGAL CONTACT**

Initiate illegal crosse to body or body to crosse contact. For example, a stick held in a horizontal position that makes contact with an opponent's body. A player pushing into an opponent's body.

MAJOR FOUL



**MISCONDUCT**

Rough dangerous, unsportsmanlike play; persistent or flagrant violation of rules; baiting of other players; abusive language; illegal reentry.

MAJOR FOUL



**NO GOAL**

Goals that are scored illegally are quickly reversed by the official. Possession is awarded to the defending team.



**OBSTRUCTION OF FREE SPACE TO GOAL:**

Obstructing free space outside the goal circle with any part of her body which denies the attack the opportunity to shoot safely and encourages shooting at a player.

In effect when ball is within the critical scoring area and above the goal line extended. Positioning applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player, or when a defender's not marking a player within a stick's length.

MAJOR FOUL



**OFFENSIVE FOUL**

Call used when an attack player fouls the defender, such as backing into, charging, illegal pick or pushing off.

MAJOR FOUL



**OFFSIDE:**

For full field play, a team must not have more than seven (7) players on-or-over the restraining line in their offensive end or have more than eight (8) players on-or-over the restraining line in.

MAJOR FOUL



**POSSESSION**

The official will indicate that one of the teams has gained possession of the ball and that the players are now released.



**PUSHING OR BODY CONTACT**

To push an opponent with the hand or body. This motion could also apply to other fouls that entail pushing.

MAJOR FOUL



**REDRAW**

Due to any number of illegal procedure violations, draws must be done again. A minor foul may be called if either player draws too soon, movement of the crosse is not up, player taking the draw moves before official's whistle, a player step into center circle or crosses the restraining line before the whistle.



**ROUGH CHECK/ILLEGAL CHECK ON BODY:**

Roughly or recklessly check another player's stick. It is illegal to use the stick in a dangerous or intimidating manner, such as directly poking or waving a stick near opponent's face, a sweeping check from behind, lowering stick's head to make stick-to-body contact, or any other action with the stick that the official deems dangerous or intimidating.

MAJOR FOUL



**SLASH**

A reckless and/or dangerous swing of the crosse at an opponent's crosse or body, whether or not the opponent's crosse or body is struck.

MANDATORY CARD - MAJOR FOUL



**THREE-SECOND RULE**

Defenders within the 8-meter arc, remain in that area more than three (3) seconds unless one is marking an opponent within a stick's length. The 3-second rule is in effect when the team with the ball crosses over the restraining line into their attacking end of the field.

MAJOR FOUL



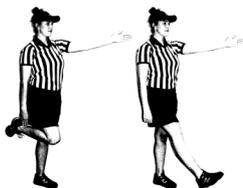
**TIME IN**

After legal team and injury timeouts or the start of play, the official will indicate when play resumes and the clock should start again.



**TIMEOUT**

The official will alert the timekeeper when to stop the clock. Although games use running time, certain conditions like legal timeouts, injury timeouts, carding, and equipment checks will require the clock to be stopped.



**TRIP**

A player may not at any time trip an opponent, deliberately or otherwise

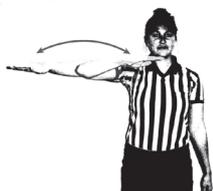
MAJOR FOUL



**WARDING**

If one hand is removed from the crosse, the free hand may not be used to ward off an opponent with or without contact. Elbows can't be used to protect stick.

MINOR FOUL



**10-SECOND GOAL CIRCLE COUNT**

The goalkeeper must not allow the ball to remain in the goal circle longer than 10 seconds, reach beyond the goal circle to play the ball with her hand, draw the ball into goal circle if any part of her is outside, step back into the goal circle with ball, throw any part of her equipment to another player.

MINOR FOUL

**Appendix C**

**EQUIPMENT SPECIFICATIONS**

**Note: The crosse for the 6U and 8U divisions are not required to meet the equipment specifications of Appendix C.**

**All Field Crosses**

**SECTION 1.** The primary intent of the field crosse specifications is to ensure that the ball moves freely within all parts of the head and pocket so that the ball may be dislodged from the front and back of the pocket of a crosse without an excessively forceful check. A crosse may be deemed illegal even though it meets all technical specifications if its design is a clear attempt to circumvent the intent of the rules.

**SECTION 2.** The head of the crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be constructed of wood, metal alloy or other composite material and must be nominally straight. An exception is that a handle may deviate up to, but not more than, 10 degrees from straight for the last part of the shaft that is within 6.5 cm from the ball stop when the handle is mounted in the head. Recessed screws must be used to attach the head of a plastic/molded crosse to the handle. The end of all handles shall have an end cap, be taped or be sanded smooth if wood or solid composite material. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way. US Lacrosse approved heads may not be altered. Prohibited alterations to heads include but are not limited to: baking, drilling additional holes, breaking and/or reconstructing with adhesive material, stretching, pinching and shaving.

**SECTION 3.** The overall length of the crosse shall be 90 cm minimum to 110 cm maximum. End caps are included when measuring the overall length of a crosse.

**SECTION 4.** Strung pockets must be attached to the bottom rail of the head through stringing holes. Mesh pockets are also allowed.

**Wooden Field Crosse**

**SECTION 5.** The head of a wooden field crosse is defined to consist of four parts: the bridge, the wooden sidewall, the guard and the scoop. (Diagram #) The bridge is the woven ball stop of a wooden crosse.

**SECTION 6.** The head shall be triangular. The inside width between the sidewalls of the head must continually increase as measured from the center of the bridge to the widest point at the top of the head.

## Plastic/Molded Head Field Crosse

**SECTION 7.** The head of the plastic/molded head field crosse is defined to consist of four areas: the throat, the ball stop, the sidewall and the scoop. The ball stop is the center inside curved plastic wall of the head at the throat.

**SECTION 8.** There may be no protrusions or outcroppings on the inside surface of the sidewalls and scoop that interfere with the free movement of the ball or affect ball retention. Minor protrusions or outcroppings added for design or strengthening purposes will be allowed. The legality of these protrusions/outcroppings will be determined by the Rules Committee upon submission of the crosse by the manufacturer.

**SECTION 9.** The head of the crosse shall be triangular in concept, with the exact allowable distances between the sidewalls determined by the specific measurements outlined in the full Appendix B, found online at USLacrosse.org.

**SECTION 10.** The nominal diameter of the shooting string nylon cord and sidewall string nylon shall be 0.3 cm maximum. The nominal diameter of pocket nylon shall be 0.3 cm maximum unless fused mesh is utilized to attach the pocket to the head of the stick.

**SECTION 11.** 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.

**SECTION 12.** All components of the pocket shall be integral, either by tying or by stitching. In no case shall components be slid over the

shooting strings, cross lacings, or thongs. This rule strictly prohibits the use of beads, tubing or similar items on any part of the pocket. Other materials that may be prohibited: any materials that are sharp/unyielding – i.e. – metal or hard rubber material that could be dangerous to another player.

**SECTION 13.** The combined height of the sidewall and the depth of the natural forward facing pocket containing the ball shall not exceed 6.4cm, the diameter of the ball. The combined height of the sidewall and depth of the reverse (backside) pocket containing the ball shall not exceed 6.4 cm, the diameter of the ball. 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 after reasonable force with one hand has been applied and released from the ball.

**SECTION 14.** 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

**SECTION 15.** The crosse shall be constructed of wood, plastic, fiberglass, nylon, leather, rubber, gut, and/or any other synthetic material. The handle of the crosse shall be straight and may be constructed of wood, metal alloy or other composite material. The end of all handles shall have an end cap, be taped or be sanded smooth, if wood. The crosse shall not have sharp or protruding parts or edges and shall not be dangerous to players in any way.

**SECTION 16.** The overall length of the crosse shall be 90 cm minimum to

135 cm maximum. The end cap is included when measuring the overall length of the crosse.

**SECTION 17.** The unstrung head and the handle of a goalkeeper's crosse shall lie within a 7.6cm horizontal plane. a. No part of the head shall pass beyond a plane 2.5cm above the centerline of the handle and/or 5.1cm below the centerline of the handle. b. The top edge of the sidewall shall not be more than 0.6cm below the centerline of the handle.

**SECTION 18.** The head shall have a maximum length of 42cm. The length of the head is measured from the center of the bridge or ball stop (where the top back edge of 96 - the stop pad meets the plastic) to the top outside edge of the scoop. With the open pocket of the head facing up, all length measurements are taken along the centerline of the handle.

**SECTION 19.** 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.

**SECTION 20.** 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.

**SECTION 21.** The entire crosse (strung head and handle) shall not weigh more than 773g. NOTE: The intent of the rule governing the design of the goalkeeper's crosse is to disallow any crosse where excessive widths of plastic have been added to the outside of the sidewalls in order to increase the surface area of the head.

**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 specifications outlined in Appendix C, a report noting this compliance will be sent to the US Lacrosse Women's Game Director. The stick will then be listed on the US Lacrosse web site as legal for use in the United States. The US Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/or designs independent of lab approval. Go to [uslacrosse.org](http://uslacrosse.org) for complete equipment certification

process procedures and timeline, and for lists of USL approved equipment.

## Goalkeeper's equipment

**SECTION 22.** 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 women's lacrosse at the time of manufacture.

**SECTION 23.** 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.

**Prohibited Equipment:** Tinted visors or sunglasses are not allowed on goalkeeper helmets.

## Eye Protection

All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077). All eyewear must be SEI certified no later than January 1, 2020.

All eyewear must be listed on the SEI website to be legal for play. 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. The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of white 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

**SECTION 24.** 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 shall be listed on the US Lacrosse website 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 jewelry with information visible and close-fitting cloth sweatbands. Any other adornment, including gauges, 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.*

## 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 by the US Lacrosse Women's Rules Committee. Although the Committee will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to the Committee, the Committee expressly reserves the right to change any specification at any time if, in its sole discretion, the Committee deems the change to be in the best interest of the sport of women's lacrosse. US Lacrosse does not test or approve equipment to determine compliance with specifications. US 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*

## Appendix D

### INTRODUCING RULE CHANGES

Suggestions for changes must be requested by June 1 for consideration at the summer Rules Sub-Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from US Lacrosse (uslacrosse.org). The Rules Sub-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 Sub-Committee must be presented to the US Lacrosse Boards of Directors for final approval.

## Appendix E

### 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 F

# 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

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. 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.
  - b. 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.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the “Position Statement: Lightning Policy” on the US Lacrosse web site at [uslacrosse.org/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](http://uslacrosse.org/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)

## Appendix G

# 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.

### STEP 1: RED FLAGS — CALL AN AMBULANCE

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

- 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
- Vomiting
- Increasingly restless, agitated or combative

### Remember:

- 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.

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 H

# US LACROSSE CODE OF CONDUCT

*Approved June 9, 2014*

### 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, US 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 US 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 US Lacrosse.

### CODE OF CONDUCT

US 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:

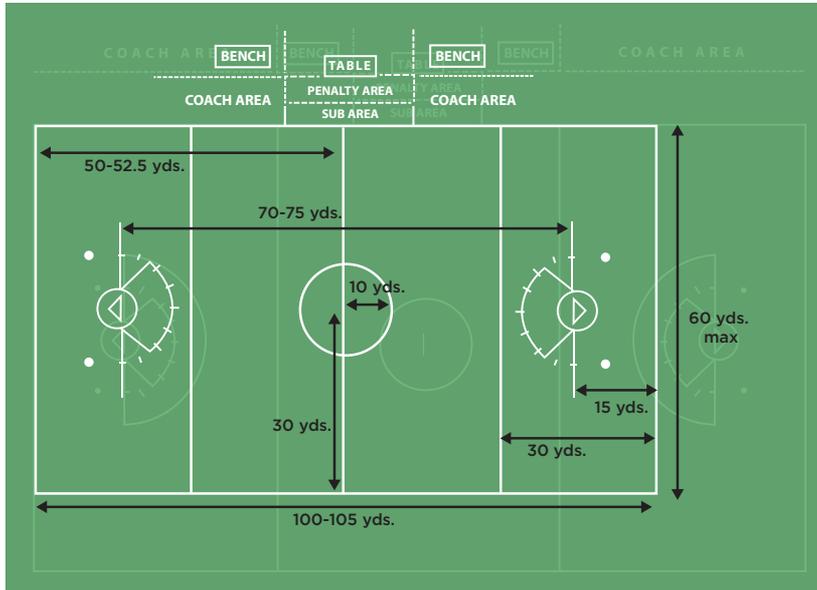
- Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- The safety and welfare of players are of 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 badger, 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 I

## ALTERNATE FIELD DIAGRAMS

### 12U SHORTENED FIELD



### Notes:

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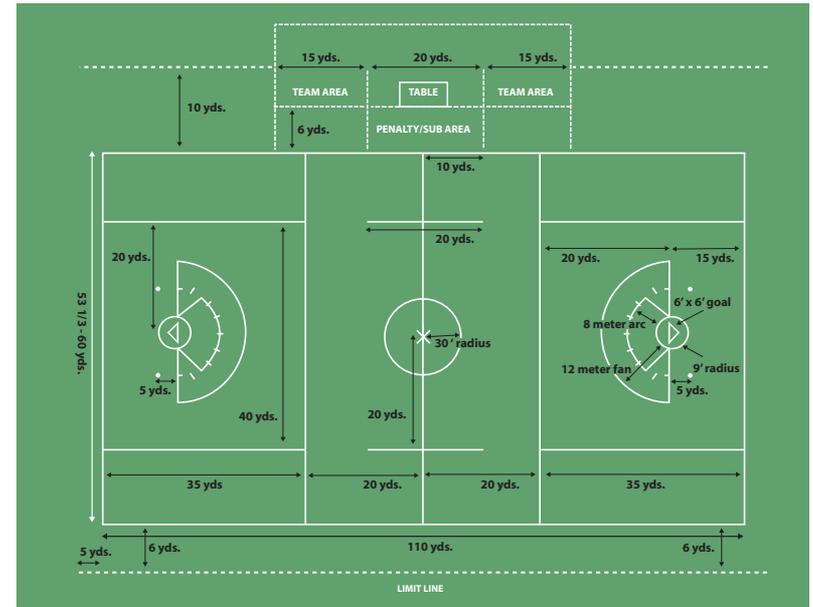


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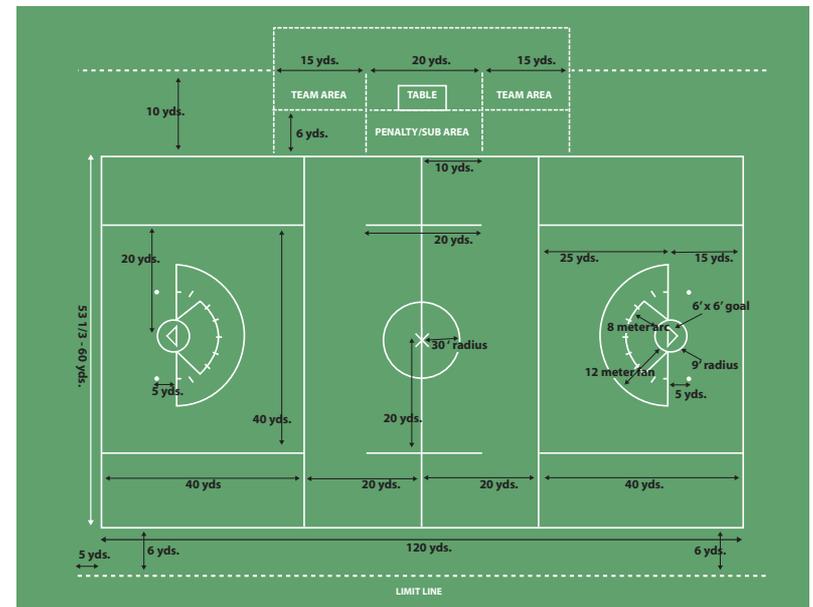


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### 110 YARD UNIFIED FIELD



### 120 YARD UNIFIED FIELD





## 10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	8v8 / Field + GK	RESTRAINING LINE	2 field players behind
FIELD SIZE	Cross Field	CARDS	Cards, but team does not play short
FIELD LINES	Goal Circle, 8M 6 midfield line	GROUND BALLS	No more than 2 players / Kicking ball not allowed
GOALS	4'x4' or 6'x6'	COVERING BALLS	No covering ball at any time
BALLS	Regulation	MINIMUM PASS RULE	No minimum passing rule
STICKS	Modified pocket allowed	1 V 1 DEFENSE	1v1 defense in midfield
LENGTH OF GAME	2 x 18 running	CHECKING	No checking
TIMEOUTS	1 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	No Overtime	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	Draw each half 3 players from team at both 8 meters	MAJOR FOULS	Major fouls per 2020 NFHS Rules Book, 8 meter rp
START AFTER GOAL	Goalkeeper clear	SELF START	



## 12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2020)

PLAYERS	8v8 or 12v12	RESTRAINING LINE	8v8: 2 players 12v12: 4 players
FIELD SIZE	8v8 - Cross-field 12v12 - Full-field	CARDS	Team plays short
FIELD LINES	8v8 - U10 lines or 12v12 - HS lines	GROUND BALLS	No restrictions/kicking allowed
GOALS	6' x 6'	COVERING BALLS	No covering ball with opponent in playing distance
BALLS	Regulation	MINIMUM PASS RULE	No minimum passing rule
STICKS	Regulation Stick	1 V 1 DEFENSE	Not Applicable
LENGTH OF GAME	2 x 20 running	CHECKING	Modified checking
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	2 x 3 periods, sudden victory	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	8v8 - Same as 10U 12v12 - HS Draw	MAJOR FOULS	Major fouls per 2020 NFHS Rules Book, 8 meter rp
START AFTER GOAL	Draw, mercy rule optional	SELF START	

# Appendix J

## POLICY STATEMENT ON

# ZERO TOLERANCE

## OF UNSPORTSMANLIKE BEHAVIOR

US Lacrosse advocates the adoption of a zero-tolerance policy to ensure a more rewarding lacrosse experience for all participants,. Zero tolerance disallows complacency regarding unsportsmanlike behavior for coaches, officials, spectators, or players.

US Lacrosse encourages officials to penalize unsportsmanlike conduct from any constituent ranging from arguing calls, threatening individuals, profane or obscene language, belittling individuals, teams other participants, or any other behavior which seeks to intimidate or degrade others.







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At Nationwide®, our number one goal is being there for our members. That's why we have your back when it comes to protecting what's most important, like:



The car you drive your athletes in to every practice



The RV you use for that weekend tournament

Join us as we team up with US Lacrosse to promote youth safety, especially the importance of concussion awareness and teen driving.

To learn more about a special discount for US Lacrosse members and to get information about youth safety, visit [nationwide.com/uslacrosse](http://nationwide.com/uslacrosse) or call **1-888-231-3614**.



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