

US Lacrosse Girl's Rules



YOUTH RULES

Pre-Game



- Captains meeting
- Coaches verify players are legally and properly equipped
- Equipment check
 - ✦ Players line up on sideline
 - ✦ U13-U15 regulation crosse need to see the top of the ball above the top of the crosse' s wall.
 - ✦ U9-U11 may have modified pocket don' t need to check the crosse
- Pay the Officials their game fees

Equipment



- **FIELD PLAYER:**
 - ASTM eye protection
 - fitted mouthpiece (no protruding tabs)
 - Stick
 - ✦ U9 & U11 women's crosse, may have a modified pocket
 - ✦ U13 & U15 women's crosse, regulation pocket
- **GOALIE:**
 - Helmet with face mask (NOCSAE), chinstrap
 - Separate throat protector
 - Fitted mouthpiece
 - Padded gloves, chest protector, padded shins and thighs
 - Recommended padding on arms and shoulders

Equipment



Ball:

- Must meet NOCSAE Standards, game may only be played with a NOCSAE ball
- must be yellow or orange (no White)
- U9 – may use regulation or soft ball

Field:

U11-U15 regulation 110/140 X 60/70

U9: 60/70 X 30/40



Length of Game



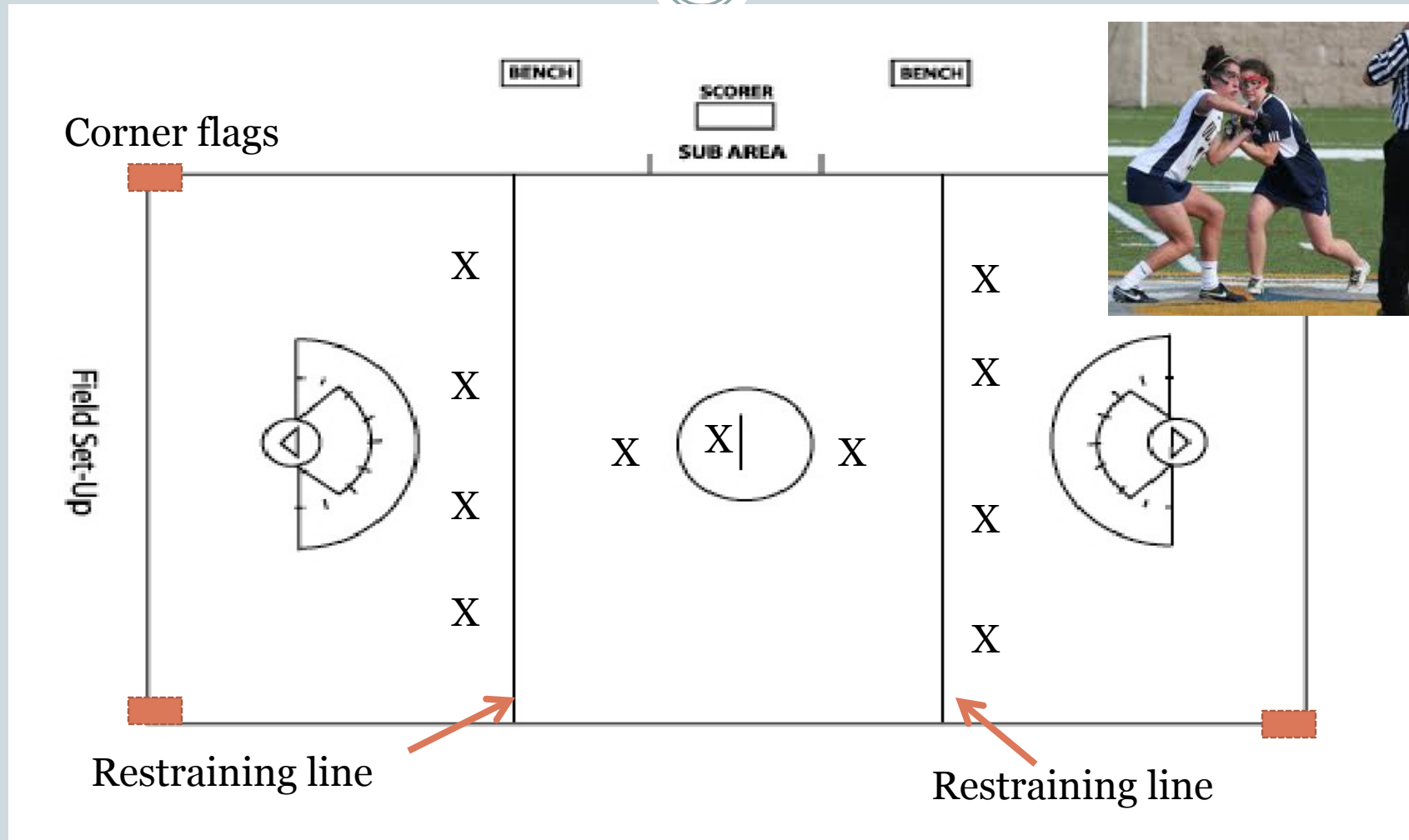
- **U15 – U13:** 2 - 25 minute halves running clock.
- A horn sounds to start and stop the halves.
- 5 min halftime
- Full regulation field
- **U11:** – 2 -20 minute halves running clock.
- A horn sounds to start and stop the halves.
- Full regulation field
- **U9:** - 2 20 minute halves running clock.
- A horn sounds to start and stop the halves.
- Modified field

Starting/Restarting with the Draw



- Start the game and restart after a goal
 - **EXCEPTION: 4 Goal Differential:**
 - Team with fewer goals has choice: draw or ball. ...Indirect
- NEW*** only 3 players in between the restraining lines during the draw
- Illegal Draw if a player enters the center circle or crosses over the restraining line before the draw.
- Minor Foul

Starting/Restarting the Game with the Draw

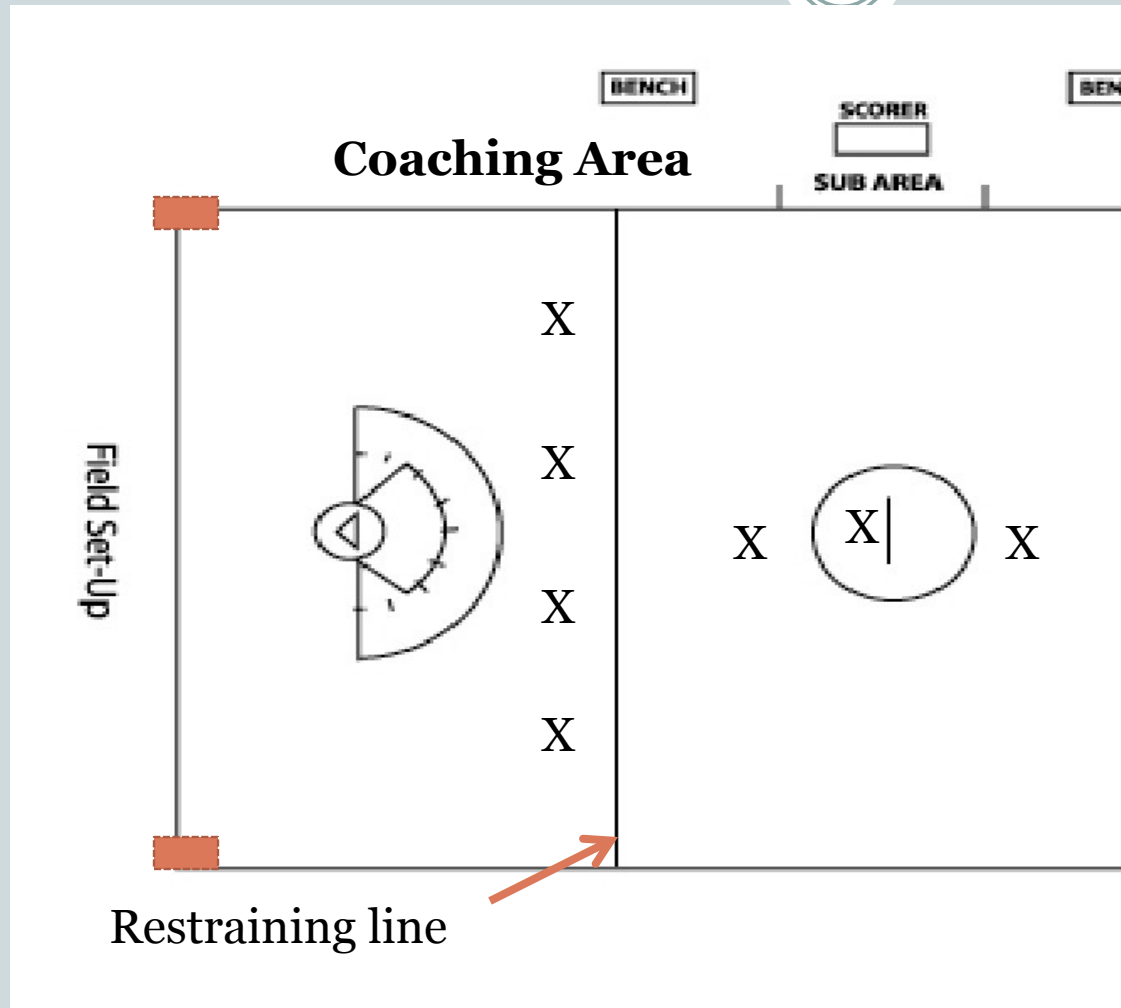


Starting/Restarting with the Draw



- **The Draw:** each stand with one foot toeing the center line.
- Crosse held above hips, right side of crosse is the lower side closest to the field, open crosse facing their defending goal, the ball is positioned upper third at the widest point.
- On “ready” the players must be motionless, may only move their heads, otherwise illegal
- On whistle they draw upward, if not minor foul
- The ball must go over their heads, if not redraw.
- If no one touches the ball and it goes out of bounds we redo the draw

Coaching Area



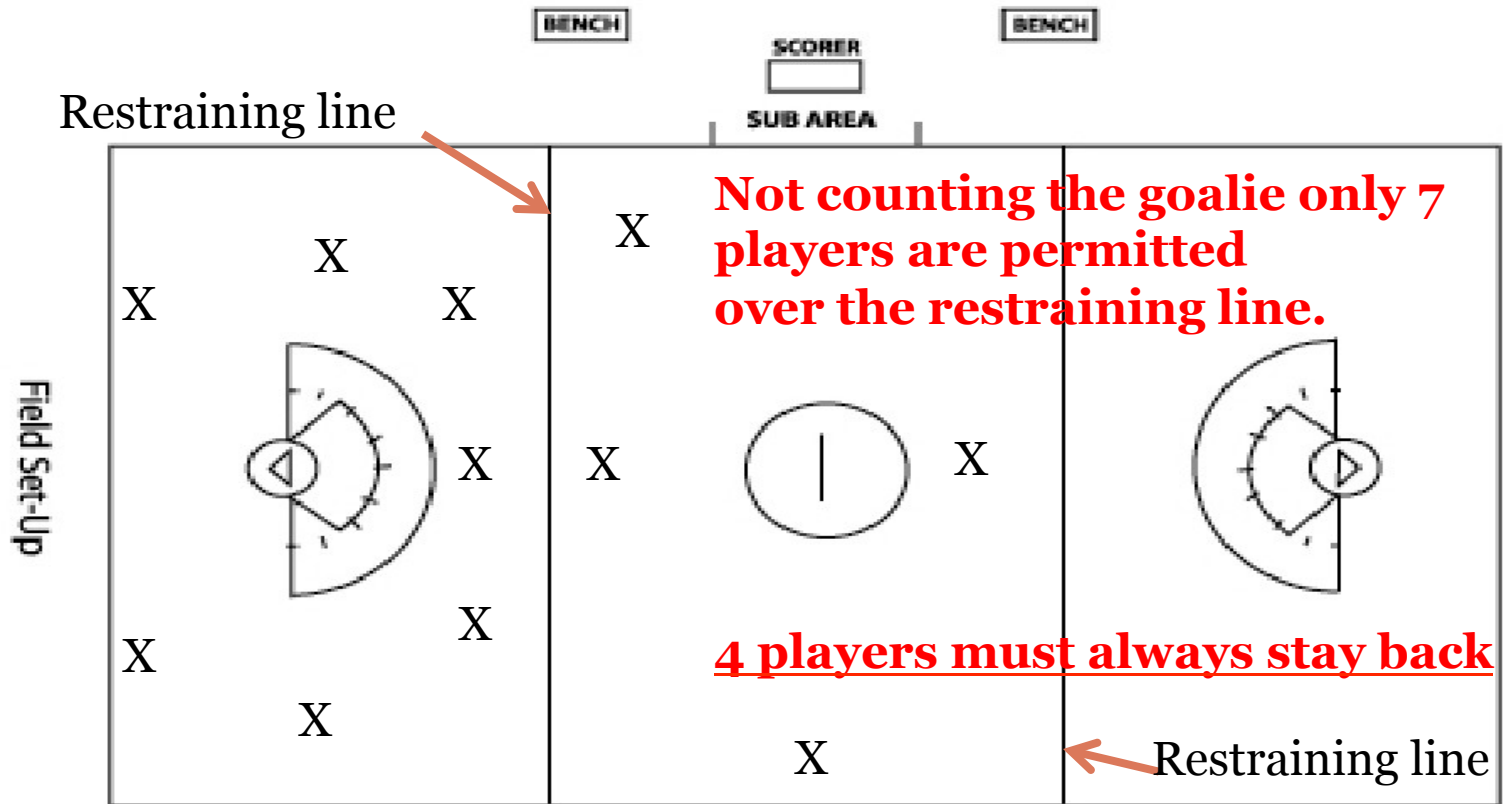
U15: Coaches may go from Sub Area to End Line on their own half.

U13 - U11: Coaches may go from Sub Area to End Line on their own half.

U9 – One coach from each team is allowed on the field for the purpose of instructing players.

Violation is a
Misconduct Foul

Field U11-U15



Off sides : Correct it: put the closest player back onsides.

Field U9

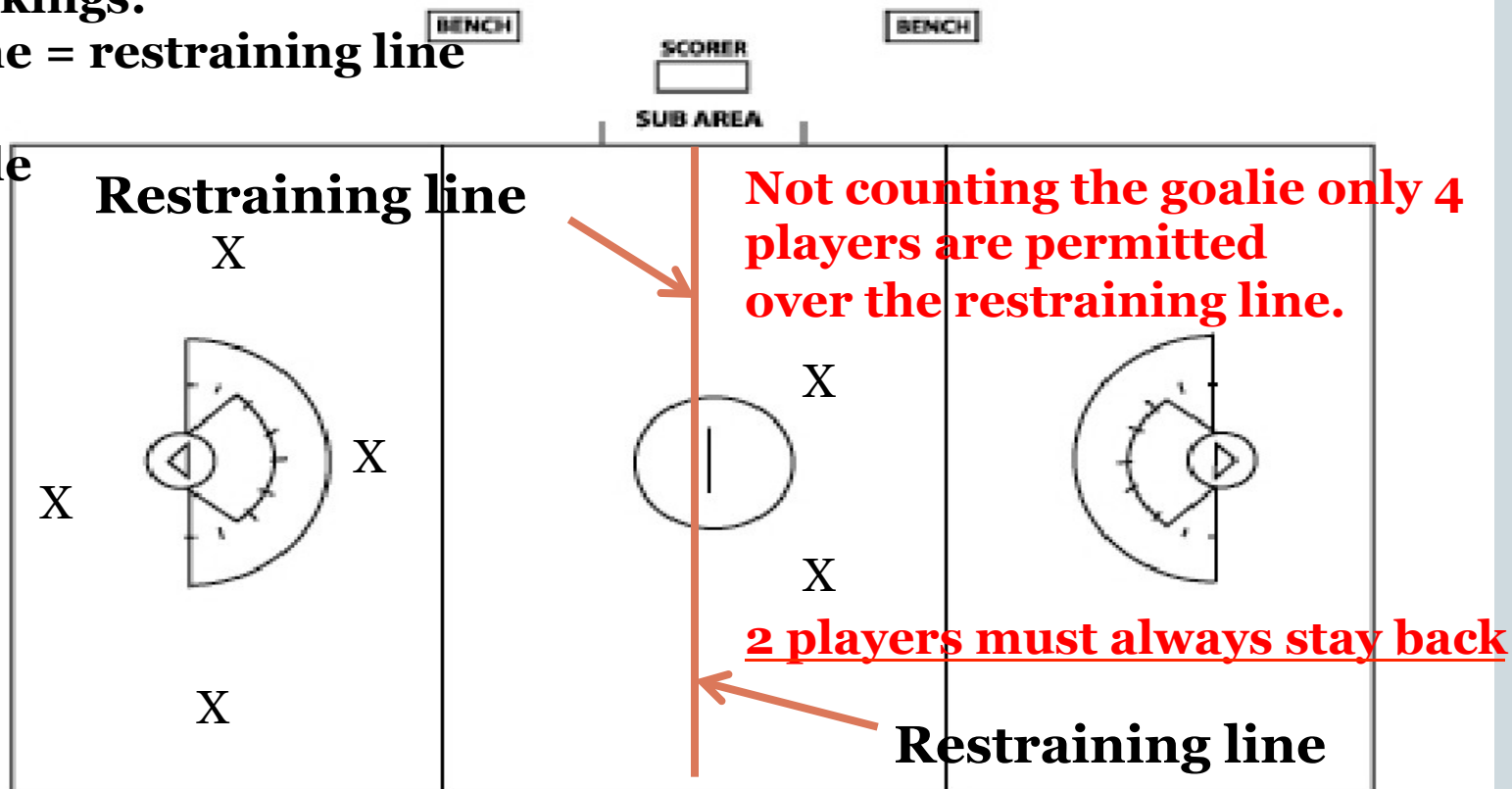


Field Markings:

Center line = restraining line

8M Arc

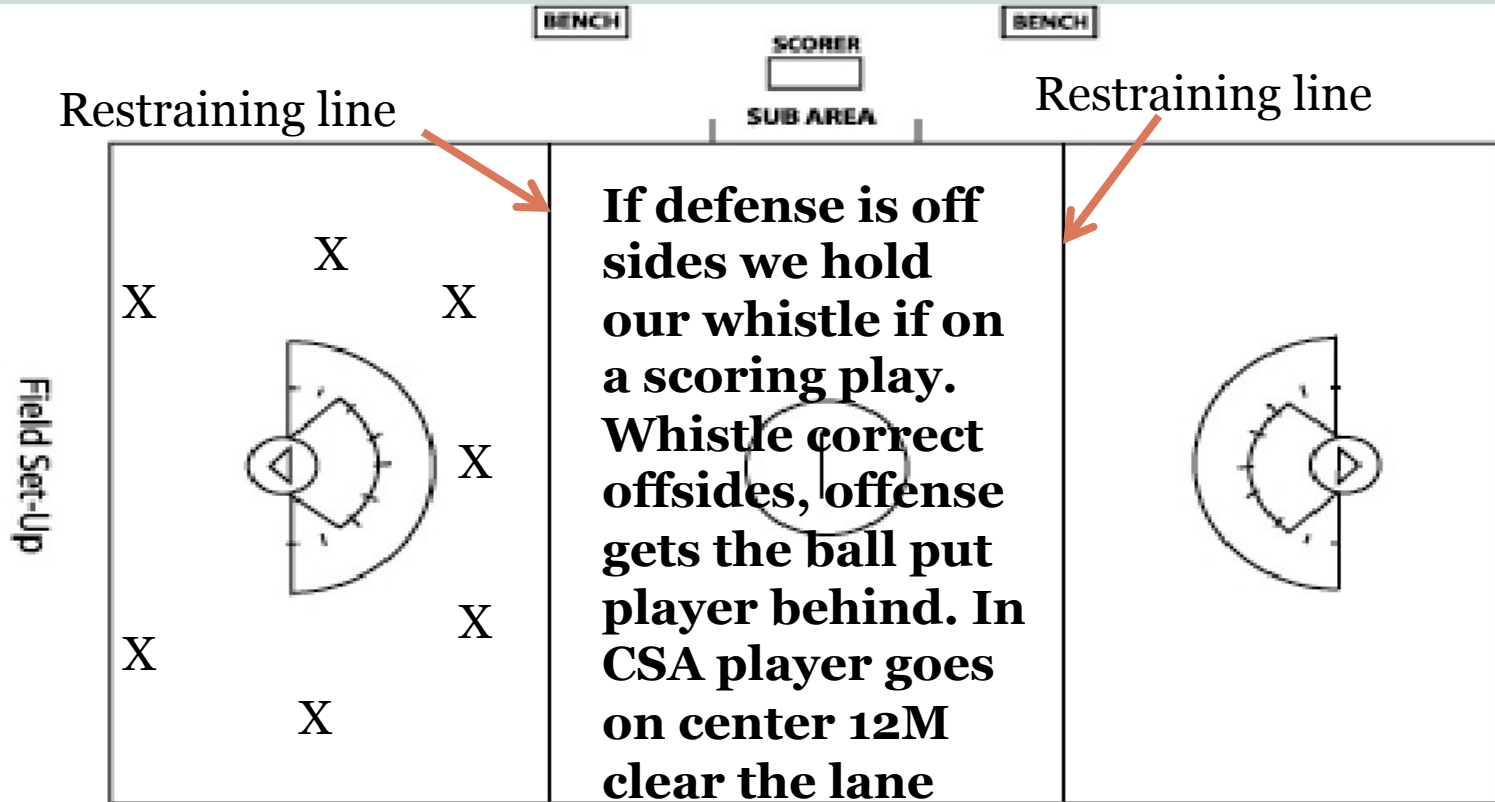
Goal Circle



Off sides : Correct it: put the closest player back onsides.

Restraining Line

Off sides : Correct it: put the closest player back on-sides.



Out of Bounds

Hard Boundaries

BENCH



SCORER

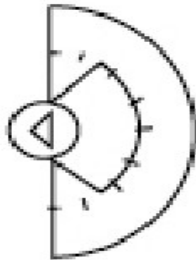
SUB AREA

BENCH

Out of Bounds, last to touch, opponents get the ball

On missed shots & deflected shots closest player to the ball gains possessions. As its going out of bounds it may be touched but not controlled this is not a turnover.

Corner flags



X

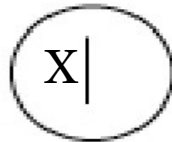
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Play gets ball **2M** inside

X



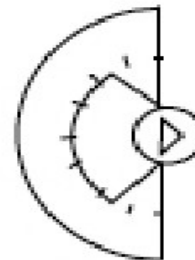
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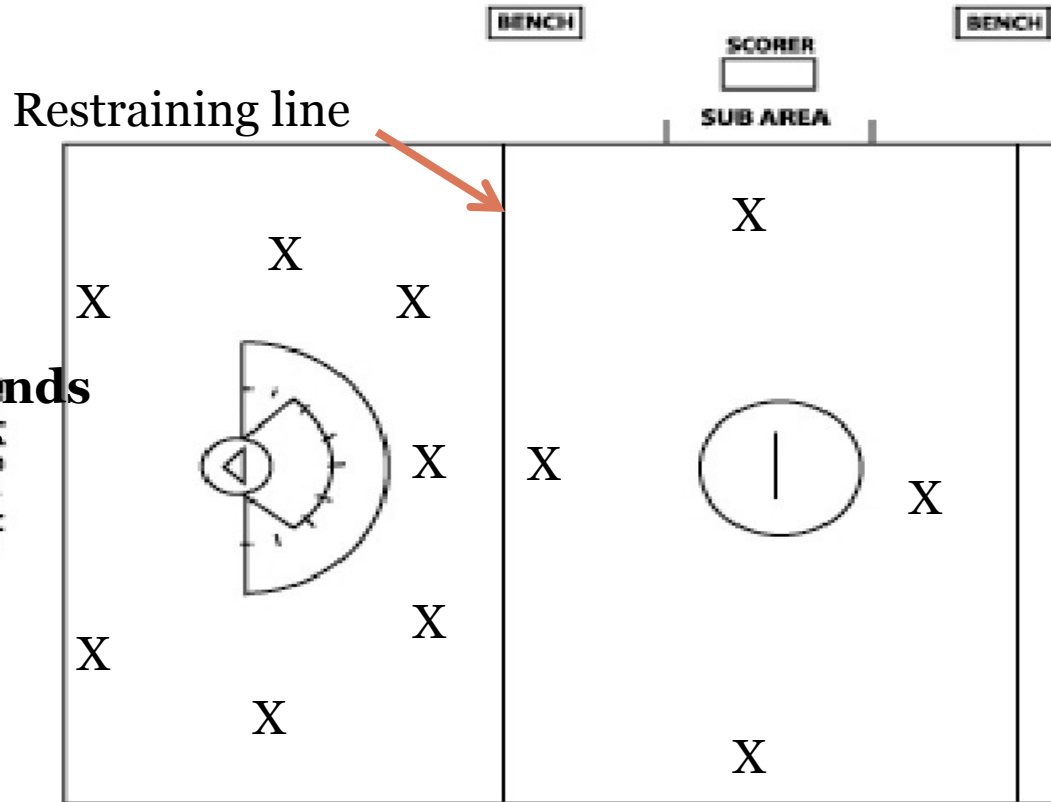
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Restraining line

Restraining line

Goal Circle



**Goalie
Has
10 Seconds
to clear
the ball**

**Only the goalie is
allowed in the goal
circle NO DEPUTY
GOAL CIRCLE**

FOUL

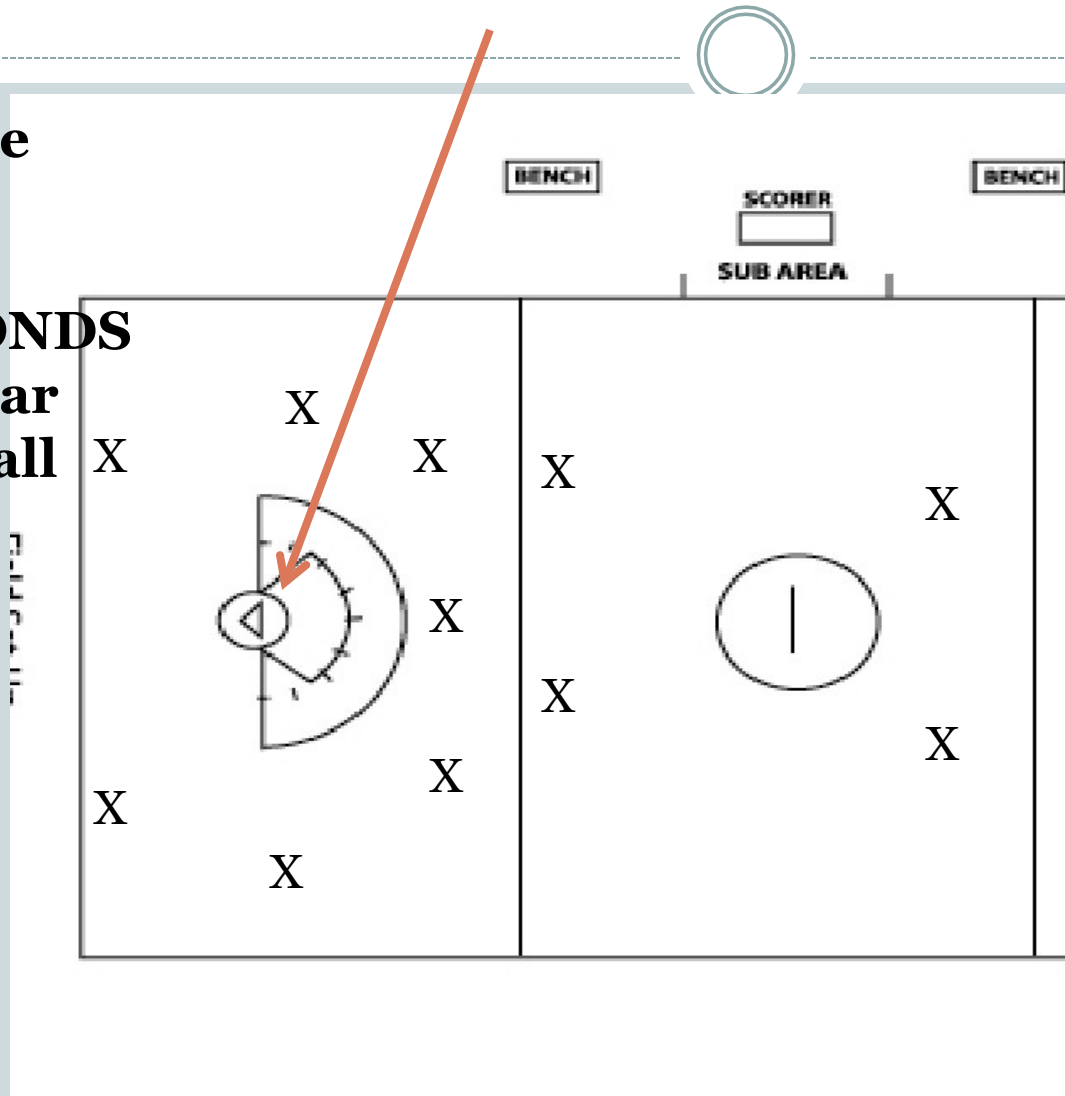
**BY OFFENSE:
goalie ball
offending player
goes 4M behind
goal.**

**BY DEFENSE:
Offense gets the
ball goal line
extended 8M out
offender goes 4 M
behind.**

NEW* clear the
lane**

Goalie and the Goal Circle

Goalie has 10 SECONDS to clear the ball



Goalie leaves the circle

- 1. she loses goalie privileges .**
- 2. She may only re-enter without the ball**
- 3. May propel the ball into circle then follow it in.**
- 4. She must return to goal circle if the ball is inside circle.**

Substituting



**Unlimited
Re-entry
Rolling
subs
Must wait
until
player
leaves the
field
before sub
enters.
Exception
after a
goal.**

BENCH

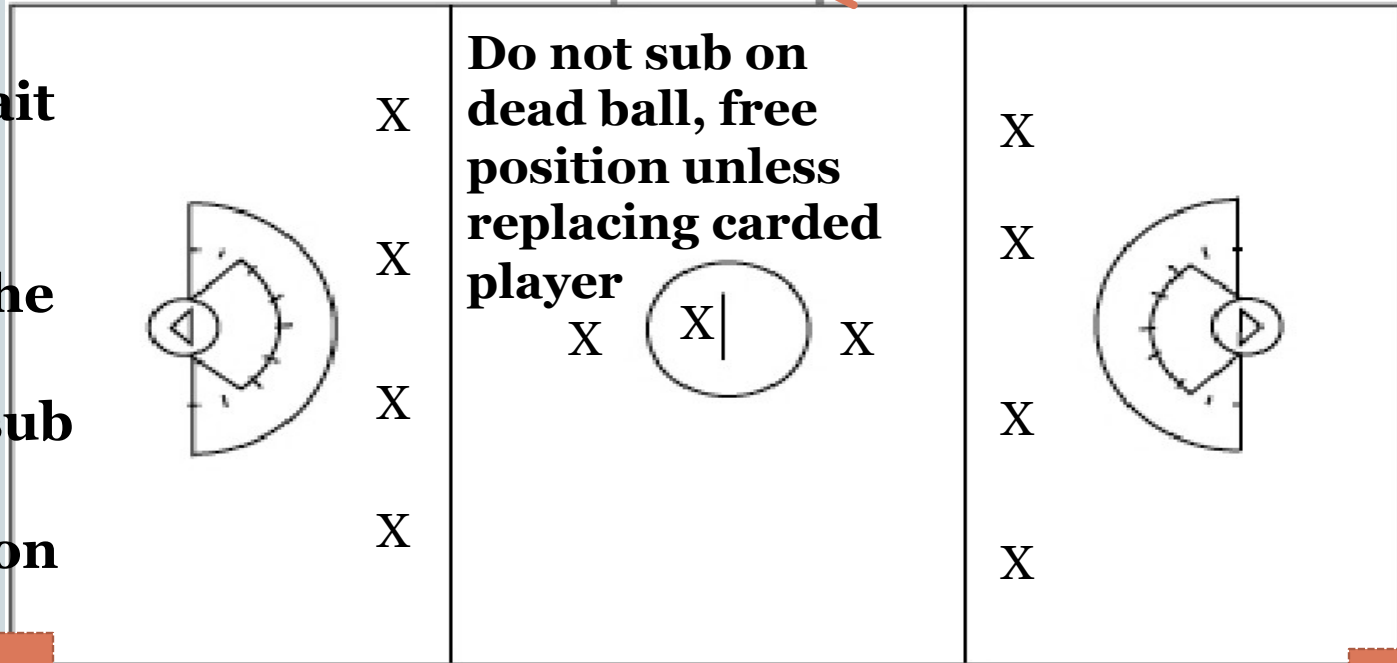
BENCH

SCORER



SUB AREA

**Sub Area; should
be marked or
cones or markings**



**Do not sub on
dead ball, free
position unless
replacing carded
player**

If a player is bleeding or coach comes on the field to assist injured player she must be substituted, Exception: Goalie

Throw



- Off setting fouls
- Ball lodges in field players clothing
- Ball goes into goal off non player
- Out of bounds ball two opposing players equally close
- Games restarted for incidental reason no team in possession
- Two players 1 M apart on their defending goal side their backs to the sideline. On the whistle catch a short thrown ball by the official

Fouls

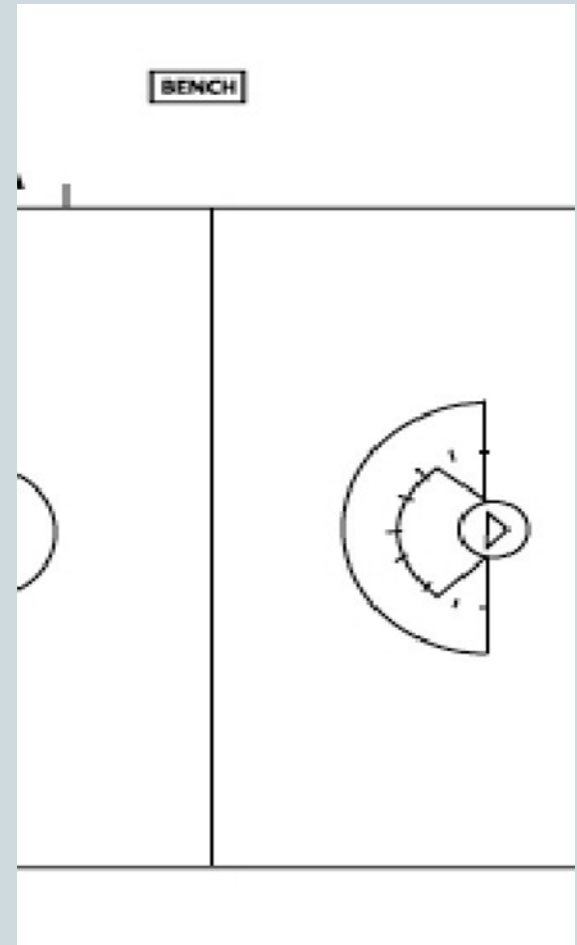


- When the whistle blows everyone must **STAND**
- Major fouls: offender goes 4M behind player with Free Position
- Minor fouls: offender goes 4M away in the direction she approached when making the foul
- All players must be 4M away

2 Pass Rule

2 Pass Rule:

- Goalie clear from goal circle does not count towards 2 counts,
 - ✦ If goalie leaves goal circle with the ball then clears her pass counts
 - ✦ It counts as a pass if it is not caught but your team maintains possession
 - ✦ Major Foul if player shoots prior to completion
- Once the 2 passes are completed if there is a turn over and the offensive team recovers ball possession before it crosses back over the restraining line they may still go to goal.



Major Fouls



- Crosse in the Sphere:
 - Defense:
 - Offense:
- Rough/Dangerous Check
- Check to the Head
 - U15A: **Mandatory Red Card**
 - U15 AB/B U13-U9: **Mandatory Card, may be yellow or red**
- **Slash - Mandatory Card**
- **Dangerous Propelling - Mandatory Card**
- **Dangerous Follow Through - Mandatory Card**

Major Fouls



- **Illegal Contact: cross to the body**
 - ****New**** stick held in a horizontal position contact with an opponents body (Defense)
 - A player pushing into an opponents stick (Offense)
- **Cross Check**
- **Illegal Use of the Cross**
- **Three Seconds**
- **Obstruction to Free Space**
- **Dangerous Shot**
- **Forcing Through**

Major Fouls



- Pushing
- Reach Across the Body
- Blocking
- Charging
- Illegal Pick
- Detaining
- Hooking
- False Start
- Tripping

Major Fouls



- Holding
- Play the Ball Off of an Opponent
- Illegal Shot
- Illegal Deputy
- No Checking U9 – U11
- Modified Checking U13 – U15 AB/B
 - The entire stick must be below the shoulder
 - The check must be down and away
- **NEW***** fouls during and after the act of shooting will be penalized regardless of whether or not a goal is scored.

Minor Fouls



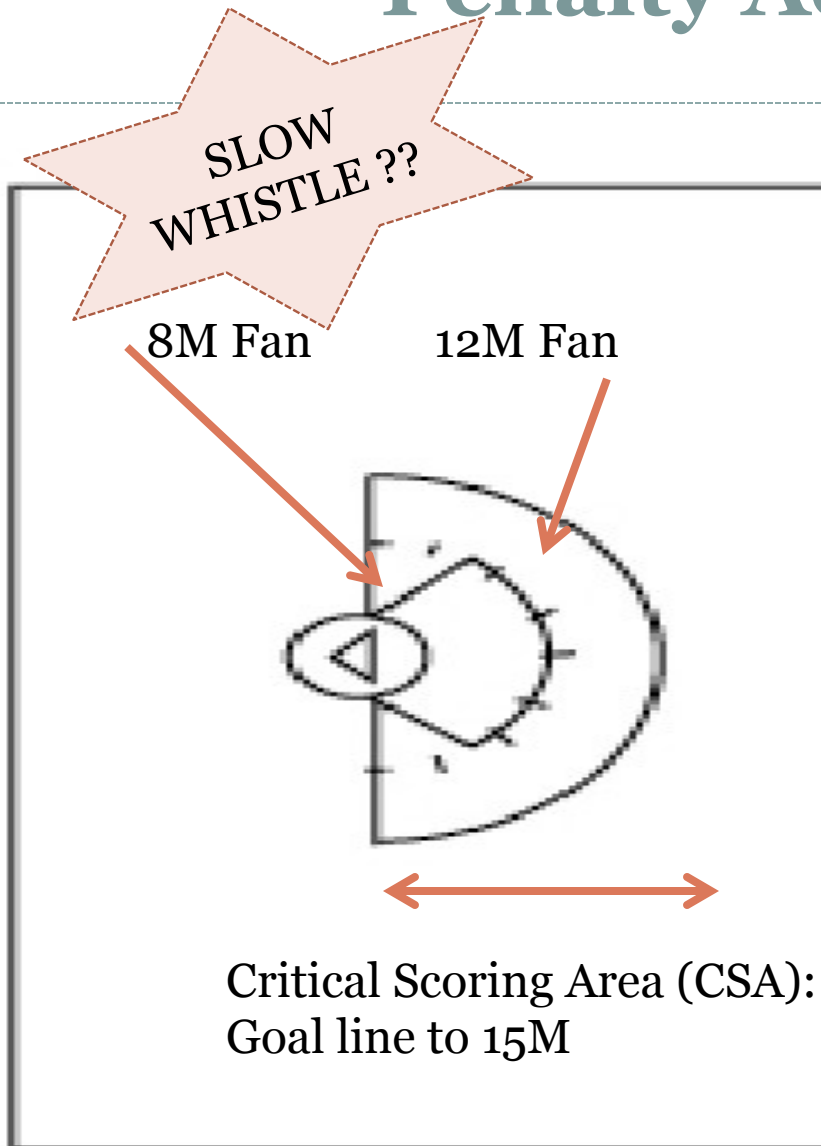
- Covering
- Empty Stick Check
- Warding
- Hand Ball
- Squeeze the Head of the Stick
- Body Ball
- Improper Use of Cross
- Illegal Draw
- Illegal Crosse

Minor Fouls



- Resumption of Play
- Improper Equipment
- Illegal Substitution
- Delay of Game
- Play From Out of Bounds
- Illegal Re-Entry
- Illegal Timeouts (No Timeouts)
- **3 Seconds Closely Guard**
 - Defense has both hands on stick
 - Defense is in position to legally check

Penalty Administration



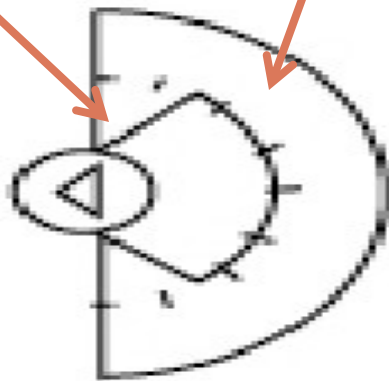
- Major Fouls:
- In 8M Free Position on the hash mark, Offender goes 4M behind to the 12M, clear 8M fan quickest way out all must be 4M away
- In between the 8M – 15M on the spot of the foul, Offender goes 4M behind clear the lane
- If there is no goalie or goal cover then its Indirect

Penalty Administration

SLOW
WHISTLE??

8M Fan

12M Fan



Critical Scoring Area (CSA):
Goal line to 15M

- Minor Fouls:
- In within the 12M Free Position on the 12M, Offender goes 4M in the direction she approached, all players must be 4M away. Indirect -she must pass, no direct shot.

Penalty Administration



- **Green Card:** minor foul
- **Green/Yellow Card:** major foul
- **Green/Red:** major foul and offender goes to penalty area for 2 minutes and a sub takes her place
- **Yellow Card:** 2 minutes in penalty area.
 - **U9-U11** sub must take her place
 - **U13-U15** team plays short
 - Same player **2 Yellow Cards**, disqualified for the remainder of that game.
- **Red Card:** 4 minutes in penalty area, disqualified for the remainder of that game....and the next game.
 - **U9-** sub must take her place
 - **U11-U15** team plays short

US Lacrosse



- www.uslacrosse.org
- Great source for additional information with videos, drills/skills....