

YOUTH RULES

These rules are written with the safety of all players being of utmost importance. Umpires have the authority to penalize any foul, unsafe play, or unacceptable behavior not covered specifically in these rules. Play should be as continuous as possible, and any foul, which does not gain an advantage for the offender or her team, should result in a "held" whistle. This is an educational and instructional league. We follow all US Lacrosse rules with the following modifications:

7/8

7 a side, goalkeeper optional. Field is 50 yds x 25 yds with 10 yds behind.
20 min halves (maximum) or 4) 10 min. quarters, running time
Youth sticks (mesh allowed) modified pocket 2) Goal circles (2m radius)
2) 8m arcs No fan No restraining lines but must have 2 back of the center line
Center line. No circle. No yellow card is to be given
No checking. No shooting from any free position, all FP are indirect.
3 second "holding the ball" rule No double teaming
3 pass rule
Coach may be on the field for coaching

**At the beginning of each quarter we start with a draw even if the goal differential is 4 or more.
If 3 passes are completed and the other team is in shooting space the girl who is hot can take the ball around the goal and then shoot, she does not have to make another pass.**

9/10

11 field players, 1 goalkeeper. 20 min halves, running time
90x50 field (10yds behind) with regular field markings including restraining line
Women's Crosse, modified pocket allowed
Checking below the waist only. May shoot from free position
2 pass rule: reset over the center line of the field
3 sec."holding the ball" rule
Double teaming allowed
Coaches can move the length of the field, behind the opposing benches.

11/12-13/14

11 field players, 1 goalkeeper... 11/12, 20 min halves... 13/14, 25 min halves running time
100x70 field (10yds behind) regulation field markings
Legal women's Crosse. Checking below the shoulder only
May shoot from a free position
3 sec "holding the ball" rule
2 pass rule reset over the center line except for 13/14.
Coaches may move the whole length of the field behind the opposing bench.

At all levels the clock will stop in the last 2 mins on every whistle.

4 goal differential used on all levels. Mouth guards and goggles are mandatory.
Goalie must wear a helmet with face mask, separate throat protector, chest protector, goalie gloves and leg padding on the shins and thighs plus abominable protection
Parents need to be on the other side of the field where possible

At all levels be professional. Stripe shirt and black shorts or kilt. Black lanyard and whistle.
Meet with captains and have them introduce themselves and shake hands
Do a stick, mouth guard, and goggle check.
3 sec."holding the ball" rule is a minor foul.

Major Fouls are Safety Fouls

4m behind all others 4m away.
In the arc, clear the arc