GIRLS LACROSSE RULES & REGULATIONS

US Lacrosse Official Rules for Girls and Women’s Lacrosse shall apply to all scheduled league games, U8 through High School, except where amended by these Rules and Regulations.

1. **Equipment:**
   a. Sticks: all sticks must be a minimum length of 35.5 inches - Level C may use a youth stick with mesh or traditional stringing or regulation women's crosse and may have a modified pocket. With a modified pocket, only half the ball may fall below the bottom of the sidewall. Level B must use a regulation women's crosse with either a regular or modified pocket. Level A must use a regulation women’s crosse with regular pocket.
   b. Protective equipment – **Eye guards/goggles and mouth guards are mandatory at all levels.** Close fitting gloves and soft headgear are recommended; no hard helmets except the goalie. **Goalie must wear helmet, throat protector, chest protector, abdominal/pelvic protector and goalie gloves.** Some type of leg padding for the goalie is strongly recommended.

2. **Duration of Play:**
   a. High School: 2x25-minute running time, 3-minute half time.
   b. U8-U15: 2x20-minute running time, 3-minute half time.
   c. The clock shall be stopped at each whistle for the last two minutes of **second half.** Exception: the clock will continue to run if the score differential is more than 4 goals.
   d. NO overtime for U8-U15. High School, one 4-minute sudden victory format overtime will be played, one time out per team. Stopped clock on each whistle last minute of overtime.

3. **Time Outs:**
   a. Each team gets two time outs per game, 1 minute in duration. One time out is allowed in high school overtime. Time outs do not accumulate.
   b. Team time-outs & injury time-outs stop BOTH the game and foul clocks; foul whistles stop ONLY the foul clock.

4. **Fouls:**
   Fouls shall be the same as those outlined in Rule 6 of the US Lacrosse Girls and Women's Rules with the following modifications:

   a. **No checking (U8 – U12).**
   b. **High School teams must follow current High School rules.**
   c. **Modified checking only** (see definitions) (U13 – U15).  
      Once players have mastered the basic fundamentals, coaches will want to introduce stick checking. Players on U 13 – U15 teams will be allowed to use modified checking as an intermediate step towards full checking. Modified checking is defined as checking the stick if it is below shoulder level, using a downward motion away from the other player's body. Use of modified checking will allow the older youth player to learn proper checking skills, while at the same time encouraging good cradling and stick handling skills for the attack player. Umpires and coaches should strictly enforce this rule, never allowing checks near a player's head or face.
It should be noted that stick-to-stick contact is not necessarily a violation of the no checking/modified checking rule. A defender who is holding her stick in good defensive position may force the attack player to cradle into her stick causing contact. This is not considered a stick check, as the attack player initiated the contact, not the defender. A similar situation would exist when the defender puts her stick up in an attempt to block or intercept a pass and the attacker makes contact while in the act of passing or catching the ball”

**d. Three Second Rule (U15 & below):** No holding the ball for more than three seconds when closely guarded/marked (within a stick’s length) and the defense has both hands on her stick and is in position to legally check were FULL checking would be allowed. Official will count the 3 seconds out loud. Note: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, the count starts again. If another teammate joins the defender and that second defender is in good position to check, the count starts again. The purpose of this rule is to encourage good defensive positioning and to make the offensive player aware of her defender. The attack player must try to keep the stick away from the defender, and if she does not, will be forced to pass or she will lose the ball. This will allow the defensive team a chance for a play on the ball either by interception, by blocking the attempted pass, or by forcing a bad pass and causing a ground ball. A 3-second violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball.

**e. Penalties for Foul:** The penalty for fouls is a free position, (see definition of terms). For specifics on major, minor, and goal circle fouls and carding, see Rule 6 (page 41) in the US Lacrosse Girls and Women’s Rules book. If a player or coach receives a red card, that individual shall be immediately suspended for the remainder of the game, as well as for the entire next scheduled game.

5. **Forfeits:**
   a. Game time is forfeit time.
   b. Teams must have 8 players on the field to start the game. If less than 7 players at game time, the team with the legal amount to start has the option of accepting an immediate forfeit or giving the opposing team 10 minutes to field a team.
   c. The 10 minutes does count towards game time. If after the 10 minutes there is not a full legal team, the game is then a forfeit.
   d. The game then becomes a scrimmage game, which will have officials.

6. **Rosters:**
   a. Players may play on only the one team they are registered for and can only play in one game per night. It is up to the officials and supervisors to determine whether a player is legal or not.
   b. An opposing coach may protest a suspected illegal player at the first time the player enters the playing field with the official or supervisor.
   c. The official’s or supervisor’s ruling is final on player eligibility. Illegal players may be suspended until they can confirm registration.
   d. All teams shall be subject to a roster check by South Suburban staff prior to any game.
   e. **High school team rosters must be set by the conclusion of the first game. No additional players may be added after this time.** Any teams found using illegal players after the first game will be eliminated from the post-season playoffs. **Roster will be checked before each game during the post-season playoffs.**
7. **Scoring:**
   a. A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker’s crosse and not off the body of an attack player. A goal may be scored off the defender’s body or crosse.
   b. No scores or standings are maintained for U15 and below; no post-season awards will be given out. Scores and standings are maintained for the High School division ONLY. Please refer to the League Coordinator for tie breakers.
   c. A modified competition rule (MCR) will be in effect when any team gains a **four-goal** lead. After the score that makes the four (or more) point difference, the losing team will be given possession of the ball at the mid-field line in lieu of a draw, (ONLY if desired by the coach or team administer). The MCR does **not** eliminate the start of the second half draw.

**Level Determination**
Girl’s current age will determine on which level they will play.

**LEVEL A SPECIFICS (U 13-U15)**
1. Eleven field players, one goal keeper.
2. Field size: 100 yds. X 70 yds. is recommended.
3. Regular field markings, including restraining line.
4. Regular women's crosse, regulation pocket.
5. Modified checking only.
6. 25-minute halves (max.), running time.
7. May shoot from direct free positions.
8. No Deputy

**LEVEL B SPECIFICS (U11-U12)**
1. Eleven field players, one goal keeper.
2. Field size: 90 yds. X 50 yds. is recommended.
3. Regular field markings, including restraining line.
4. Regular women's crosse, modified pocket allowed.
5. No checking.
6. 25-minute halves (max.), running time.
7. May shoot from direct free positions.
8. No Deputy

**LEVEL C SPECIFICS (U8-U10)**
1. Seven field players, use of one goal keeper is optional.
2. Field size: 50 yds. X 25 yds. is recommended.
3. 8m arc, no 12m fan, no restraining line, center line (no circle).
4. Youth sticks (mesh allowed) or regular women’s crosse, modified pocket.
5. No checking.
6. 20-minute halves (max.), running time.
7. May not shoot from any free position, unless using a goalkeeper or modified goal opening.
8. No Deputy