

Tri-City Youth Leagues Girls Rules

(updated 4/15/14)

Grades 3 & 4*

RULES: Level C rules, no overtime. Coaches are allowed on the field for instruction.

PLAY: 8 versus 8 including a Goalie.

EQUIPMENT: Mouth guards and approved goggles are mandatory at all levels. Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight. Youth sticks (mesh allowed) or regular women's crosse, modified pocket.

PLAYING AREA: Hard Boundaries Rule will be used. Level C - desirable field length should be 60 yards between goal lines, 10 yards behind each goal, and **45** yards wide, 5' x 5' goals recommended. Field markings should include two goal circles (radius 2m) with a goal line in each, a mid-field line serves as a restraining line, and one 8 meter arc around each goal and a 12 meter arc.

START OF THE GAME: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists.

START/STOP PLAY: All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

SCORING: 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.

PASS RULE: a team must attempt a pass (does not have to be just within the offensive zone) before shooting on goal on each possession or after each whistle. (OPTIONAL)

DURATION OF PLAY: Level C - 20 minute running time per half (4- 5 minute intervals with play stopped at a point where there is no scoring opportunity.). Game should not exceed 45 minutes.

FREE POSITION: No shooting on free positions (Level C).

CHECKING: No checking (Level C). No holding the ball for more than 5 seconds when closely guarded or marked. (OPTIONAL)

SPECTATORS: Spectators are required to watch from an area on a side of the field away from the team benches.

DEFINITION OF TERMS:

Closely Guarded - player with the ball has an opponent within a sticks length.

Free Position - penalty awarded for a foul. Player who has been fouled gets the ball and all others must move 4m away.

Indirect Free Position - no shot on goal may be made until the player with the ball passes the ball to another player.

Pass - exchange of the ball through the air from one teammate's crosse to another.

Possession - a player has the ball in their crosse.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues

Girls Rules

Grades 5 & 6*

RULES: Level B rules, no overtime. Coaches are allowed on the field for instruction.

PLAY: 11 versus 11 including a Goalie.

SCORE: Reset the score at halftime.

EQUIPMENT: Mouth guards and approved goggles are mandatory at all levels. Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

PLAYING AREA: Hard Boundaries Rule will be used. Level B – 80 yards between goals by 50 yards wide minimum. A restraining line is marked 30-yds from each goal line. 6' x 6' goals required.

START OF THE GAME: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists.

START/STOP PLAY: All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

SCORING: 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.

DURATION OF PLAY: 20 minute Halves - running time, (if there is an 8 meter call at the end of the half or game that play will be run.), 1 timeout per half or as agreed upon by the Coaches and Officials due to the weather. Game should not exceed 45 minutes.

SPECTATORS: Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.

Tri-City Youth Leagues Girls Rules

Grades 7 & 8*

RULES: Level A, no overtime.

PLAY: 11 versus 11 including a Goalie.

SCORE: Reset the score at halftime.

EQUIPMENT: Mouth guards and approved goggles are mandatory at all levels. Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is strongly recommended. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

PLAYING AREA Hard Boundaries Rule will be used. Level A – 100 yards (80 yards suggested for summer) between goals by 50 yards wide minimum. A restraining line is marked 30-yds from each goal line. 6' x 6' goals required.

START OF THE GAME: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists.

START/STOP PLAY: All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

SCORING: 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.

DURATION OF PLAY: 20 minute Halves - running time, (if there is an 8 meter call at the end of the half or game that play will be run.), 1 timeout per half or as agreed upon by the Coaches and Officials due to the weather. Game should not exceed 45 minutes.

SPECTATORS: Spectators are required to watch from an area on a side of the field away from the team benches.

***Grade Clarification:** The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the Tri-City Youth Leagues. A player may play at only one grade level per year.