



2024 Girls Lacrosse league Rules

Kidsports leagues follow US Lacrosse Youth rules and high school lacrosse rules with some of the following modifications.

See full US Lacrosse Girls 2024 rule book here

<https://www.usalacrosse.com/sites/default/files/documents/Rules/2024-girls-youth-guidebook2.pdf>

Equipment

- **Goals** - regulation lacrosse goal cages; smaller cages may be used for 3rd/4th or U10 games
- **Ball** - may use a regulation ball (yellow), or a “soft” ball. If a soft ball is used, it should be approximately the same size as a regulation ball.
- **Sticks** –
 - **3rd/4th (U10)** Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth.
 - **5th-8th** must use a regulation women’s crosse with either a regular or a modified pocket.
 - **Protective equipment** - mouth guards are mandatory at all levels. Eye protection requirements for all levels must be the same as outlined in Rule 2-9 of US Lacrosse Women’s Rules. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie.

Playing Area

Cross field range from 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 but should be used if a goalie is being used 8m fan and restraining line

Coaching Area

- **5th-8th**: Coaches may move along the full boundary line on the bench/table side of the field only, except for the area directly in front of the opposing team and either team’s substitution area. Coaches may not stand near or walk in front of the opposing team area.
- **3rd/4th grade**: Coaches are permitted on the field for the purpose of instructing players/officiating

The Game:

- **3rd/4th girls**
 - 6v6 (5 field players and 1 goalie)
 - There is flexibility to adjust the number of players based on the number of players available for game play. 5v5 and 4v4 work if a team has too few players as long as both coaches agree upon the numbers.
- **5th-8th girls**
 - 8v8 (7 field with goalie) played in KS league

- There is flexibility to adjust the number of players based on the number of players available for game play 7v7 or 6v6

Timeouts

- Each team may have 1 timeout per game. Each timeout is 30 seconds and will not stop the game clock. If a player is injured, neither team will be charged with a timeout.

Duration of Play

- 3rd/4th
 - (4) 10-minute running quarters, with a 5-minute halftime period.
- 5th- 6th
 - (2) 25 minute running time halves, with a 5 minute halftime period.

Officials:

- **3rd/4th:** Coaches are on the field instructing and helping to manage the game. 1 official/field monitor will be on the field helping coaches with the game.
- **5th-8th:** There will be an assigned official for games.

Timekeeper

- **3rd/4th:** The head coaches shall designate a timekeeper or they will keep time.
- **5th-8th:** Official will keep time

Scorekeeper

- No visual score be kept, but a score book can be utilized to maintain statistics on the game for the purposes of tracking player development.

Start of the Game:

- **3rd/4th:**
 - Starts with possession at midfield decided by coin toss. Restart after goals: ball is given to player from the scored upon team along the goal line to side of goal. All other opposing players will move back across the center line
- **5th-8th:**
 - Games will start at midfield with a draw, continuing thereafter with a goalie clear following each goal.

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.

Out of Bounds and Ball Possession

- Play shall be stopped immediately when the ball goes out of bounds, touches the line, or touches something that is out of bounds; the ball goes to the opposite team.
- Unless it is on a shot: *The player closest to the **BALL** where it went out, when it went out, will be awarded possession.*
- Play restarts closest to the location where the ball went out of bounds.

Scoring

- **3rd/4th** : There must be one attempt pass before a player can shoot on goal.
- 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.

Substitution

- Substitution is unlimited and the substitution procedure should be the same as outlined in Rule 5-20 and 5-21 of the US Lacrosse Women's Rules, i.e. substitute any time during play, after goals, and at halftime.

Fouls

- Fouls shall be the same as those outlined in Rule 6 of the US Lacrosse Women's Rules with the following modifications:
 - No shooting on free positions (3rd/4th)
 - No checking (3rd/4th)
 - 12U Modified checking is allowed, and 3-seconds closely guarded still applies. Modified checking is checking where the checking movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.
 - 14U Transitional checking is allowed. Transition 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 ball carrier and the defender stick is not reaching across the opponent's body to attempt the check.
 - No holding the ball for more than 3 seconds when closely guarded/checked (see definitions) and the defense has both hands on her stick and is in position to legally check were checking allowed

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, or the stick is brought back to a checkable position, 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 umpire will give an audible 3-second count. 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 she will be forced to pass or she will lose the ball. Even when the defender may not check, if she is in good defensive position she will force the attack player to pass. This will give her 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.*

Penalties for Fouls

- **3rd/4th**: For major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, illegal checking, the player should be explained the rule, and be taken off field for a brief period of time – no cards are used and the team does not play short a player.
- The penalty for minor fouls is a free position with all players, including the offender, moving 4m away from the player with the ball.
- For specifics on major, minor, and goal circle fouls and carding, see Rule 7 in the US Lacrosse Women's Rules.

- A 3-second count violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball.
- All free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).
- **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.
 - Checking** - checking the stick only if the entire stick is below shoulder level. The check must be in a downward direction and away from the body.
 - Pass** - exchange of the ball through the air from one teammate's crosse to another.
 - Possession** - a player has the ball in their crosse.
 - Position to Check** - player has an opportunity to legally check the stick without fouling (the 3-second count starts when the umpire deems that the player with the ball could be checked legally if checking were permitted.)

***Guidance — No Checking/Modified Checking

US Lacrosse is attempting to send a consistent message regarding checking to youth players. It is the hope that mandating no full checking will allow the beginning player to work on the basic fundamentals of the game - passing, catching, footwork, proper positioning, and marking - before they are introduced to the more advanced skill of stick checking.

Once players have mastered the basic fundamentals, programs will want to introduce modified stick checking.

Players on 5th through 8th grade 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.

These rules are for safety of all the players being of utmost importance. Youth lacrosse should be fun, challenging and safe. 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 whenever possible.