



## **2010 SPRING SEASON**

### **RULES and COACHING ETIQUETTE**

**(NOTE: There have been NO Changes from 2009 rules)**

The rules committee has prepared the following Coaching Etiquette Guidelines and Rules for the 1<sup>st</sup>/2<sup>nd</sup> grade, 3<sup>rd</sup> grade, 4<sup>th</sup> grade, 5<sup>th</sup> grade, 6<sup>th</sup> grade, 6<sup>th</sup> grade Advanced, 7<sup>th</sup>/8<sup>th</sup> Grade Divisions keeping in mind two important criteria:

- **SAFETY OF THE PLAYERS** and that
- **WE ARE AN INSTRUCTIONAL LEAGUE**

The rules dictated by US Lacrosse Rules are the basis for our rules and we have modified this standard to meet our objective. We recommend that all Town Coordinators and Coaches obtain a copy of the US Lacrosse Rules by calling 410-235-6882 or [www.lacrosse.org](http://www.lacrosse.org).

All referees have been given copies of these modified rules; however, **it is the responsibility of the 'home' team to have a copy at each game** in the event they need to be referred to.

### **COACHING ETIQUETTE**

**-The score is not important.** Games are played to give the girls field experience and to develop skills they will use later when playing competitive interscholastic lacrosse. We have done our best to have teams of equal ability play each other. In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw. If it becomes obvious that the two teams are no where close to equally matched, we request that the winning coach consider tactful, not embarrassing, ways to 'even the playing field'. (i.e.: moving better players to the defensive side of the field, having your players work on their non-dominant hand skills, etc.)

**-A coach is responsible for more than play on the field.** They must keep control over both sides of the field; players not playing as well as spectators watching the game. A coach's job description does not include the responsibility of confronting the referee regarding "a call" or "lack of call" on the field. In fact, the coach is responsible for setting a positive example of good sportsmanship by always displaying respect for the referee and the opposing team. Determination of poor sportsmanship on or off the field is at the referee's discretion. The referees have the option to issue 'purple cards' as a warning to any coach who has lost control of his or her responsibilities or to any spectator or player in accordance with US Lacrosse Purple Card Program (description attached). Continued poor sportsmanship may lead to ejection of the coach from the field and/or forfeiture of the game. Our referees are instructed to pack up their belongings and leave the field in the event they feel it necessary. Coaches must respect the opposing team's bench area. (Both team's players and coaches shall be on the same side of the field and spectators on the opposite side.) The Grievance form can be filled out and submitted should a problem arise. If three individual complaints are received, the subject will be taken up by the Disciplinary Board which may result in expulsion from the league. It is also the responsibility of the coaches to insure all equipment is in good condition and legal. Each team can have a maximum of three coaches on the sideline during a game and they must stay on their half and off of the field during play.

**-The referee is human.** They are also very well trained in the rules of the sport. All referees are NYSPHSAA Section XI qualified. This is not to say that they are infallible. They may occasionally make a bad call or not notice something happening on the field that you see. Virtually every time this might happen, there is really no important consequence. What is important is that their priority is the same as ours in that the safety of the girls comes first. They will always make the right call when safety is at stake. We have instructed the officials that we prefer a 'quick whistle' on safety calls like obstruction inside the arc. We have also requested that when play is stopped for a "safety" call, they instruct the players on the field by explaining the reason for the whistle.

**-Pre-game requirements:** The coaches and the referee(s) shall meet prior to the game to make sure that everyone is aware of the specified rules. All referees should carry a current SCGL Rule Reference Card. The referee will confirm which division is about to play. A quick rule review will take place with the referee and both coaches. With so many rule modifications it is important that the referee and coaches are on the same page before the game starts. Our rules are reviewed each year and modified so it is important that everyone understands the latest revisions.

**THE FOLLOWING ARE “GENERAL” RULES APPLICABLE TO ALL AGE GROUPS:**

- Defensive players are to be encouraged to say “I’ve got ball” in a non-intimidating manner.
- The Goal Keeper has a 10 second possession allowance within the crease circle before they leave the crease or pass the ball. Possession will be awarded to the opposing team after 10 seconds
- Goalies must remove helmets prior to each game.
- All goalies must have:
  - Helmets with additional throat guards. Extended masks are not acceptable
  - Chest protectors
  - Padded gloves and arm pads
  - Padded goalie pants with thigh protection
  - Shin guards
- Each team is allowed one time-out per half. Time-outs can only be called after a goal by either team.
- The time clock will stop at each whistle during the last minute of each half.
- If a foul is committed by team “A” and the ball is dead, the official awards team “B” the ball. However, if Team “B” has committed a foul (goggles not on, earrings, mouth piece not in, etc.) then the ball will be rewarded to Team “A”. A throw will not occur.
- If a penalty is called on the defense within the 8 meter arc & the offensive team is “going to goal” then the offensive player will be awarded a direct penalty shot.
- If a player is going to goal and shoots and the ball goes into the goal and a ‘cardable’ foul is given to the defending team, then the goal is rewarded and the game will continue with the scoring team being given the ball on the center line of the draw circle. Set up is the same as the beginning of the game, with the exception of a second center midfielder. She will stand outside the circle. The official will then say stand and blow the whistle to begin the game.
- Stick to body checking is forbidden at levels. ‘Hands-to-body’ is acceptable.
- Hard boundaries are enforced at all levels. Cones are required to mark out all field corners
- All players must play a minimum of ½ of the game.
- Colored mouth guards are mandatory. No clear mouth guards.

**FOR DETAILED RULES REFER TO:**

GRADE LEVEL	DIVISION	PAGE
1 and 2	PEE WEE	3 of 9
3	BEGINER	4 of 9
4	NOVICE	5 of 9
5	BANTAM	6 of 9
6	INTERMEDIATE	7 of 9
7 and 8	JUNIOR HIGH	8 of 9
US LACROSSE PURPLE CARD	n/a	9 of 9

## Modified US Lacrosse Rules for the 2010 Spring Season

### Pee Wee Division: Grades 1 and 2

**Field Dimensions:** Preferred size is 50 to 60 meters between goals. 90 to 100 meters between goals is acceptable if a smaller field is not available. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession.

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 32" and the pocket can be deep enough so that ½ of the ball is visible below the sidewall of the stick. (Coaches are urged to reduce the pocket depth as soon as the player's skills improve.) Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 8 players (8 vs 8). Two field players from each team must remain behind the restraining line at all times. Goalies are optional but are strongly encouraged. If the coaches of opposing teams agree prior to the game that they would prefer a 10 v. 10 game (or 9 v. 9 with no goalie) then they may do so if space allows.

**Duration of Game:** Four 12 minute quarters with a 5 minute break at halftime. Each team will be afforded 1 time-out per half. Time-out may only be called after a goal has been scored by either team. The clock will stop on every whistle (stoppage of play) in the last minute of each half.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. See USL rule 9 for clarification.

**Scoring:** Three attempted passes must be made prior to shooting on goal (3 changes of possession). Each pass must be a minimum of 6 feet and in the air. The goalie's clearing pass is not included whether inside or outside the goal circle. The referee will determine if a pass is to be counted and he/she will keep track of the number of passes and advise the players when a shot may be taken on goal. No player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net. In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw

**Checking:** Stick checking is not allowed under any circumstance. The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. Defensive players should be encouraged to say "I've got Ball" in a non- intimidating manner.

**Coaching Note:** Please place an emphasis on 1 on 1 playing. The referee will stop play when the ball is more than 'double teamed' within the arc.

**Penalties:** All penalties called by the referee shall result in an "indirect" situation when play resumes unless a defensive foul occurred within the 8 meter arc after 3 passes have been made. If a defensive foul takes place within the 8 meter arc after 3 passes then a "direct" call shall be made.

**Goalie Clearing Pass:** No Deputy will be allowed. Only the goalie will be allowed to possess the ball within the crease. (Goalies need to learn how to clear the ball) Goal keeper's clear is a "free pass" at this age group. After a goalie save, the referee will instruct the opposing team to "back-off" defensive players to allow a single clearing pass from the goalie.

**The Three Second Rule:** If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a 'checking' position. For the younger girls in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade divisions, a "slow" 3 second count will apply.

## Modified US Lacrosse Rules for the 2010 Spring Season

### Novice Division: Grade 3

**Field Dimensions:** Preferred size is 50 to 60 meters between goals. 90 to 100 meters between goals is acceptable if a smaller field is not available. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 32" and the pocket can be deep enough so that ½ of the ball is visible below the sidewall of the stick. (Coaches are urged to reduce the pocket depth as soon as the player's skills improve.) Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 8 players (8 vs. 8). Two field players from each team must remain behind the restraining line at all times. If the coaches of opposing teams agree prior to the game that they would prefer a 10 v. 10 game then they may do so if space allows. Both teams should have a goalie on the field.

**Duration of Game:** Four 12 minute quarters with a 5 minute break at halftime. Each team will be afforded 1 time-out per half. Time-out may only be called after a goal has been scored by either team. The clock will stop on every whistle (stoppage of play) in the last minute of each half.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. See USL rule 9 for clarification.

**Scoring:** Three attempted passes must be made prior to shooting on goal (3 changes of possession). Each pass must be a minimum of 6 feet in the air. The goalie's clearing pass is not included whether inside or outside the goal circle. The referee will determine if a pass is to be counted and he/she will keep track of the number of passes and advise the players when a shot may be taken on goal. No player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net. No Deputy will be allowed. Only the goal keeper will be allowed to possess the ball within the crease. (Goalies need to learn how to clear the ball). A goal keeper's clear pass does not count as an attempted pass.

In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw

**Checking:** Stick checking is not allowed under any circumstance. The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. Defensive players should be encouraged to say "I've got Ball" in a non- intimidating manner.

**Coaching Note:** Please place an emphasis on 1 on 1 playing. The referee will stop play when the ball is more than 'double teamed' within the 8 meter arc.

**Penalties:** All penalties called by the referee shall result in an "indirect" situation when play resumes unless a defensive foul occurred within the 8 meter arc after 3 passes have been made. If a defensive foul takes place within the 8 meter arc after 3 passes then a "direct" call shall be made. A long "three second rule" will apply. Referees are instructed to encourage offensive players to advance the ball when closely guarded for 3 seconds. Offensive players will lose possession if they fail to advance the ball.

**The Three Second Rule:** If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a 'checking' position. For the younger girls in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade divisions, a "slow" 3 second count will apply.

## **Modified US Lacrosse Rules for the 2010 Spring Season** **Beginner Division: Grade 4**

**Field Dimensions:** Preferred size is 50 to 60 meters between goals. 90 to 100 meters between goals is acceptable if a smaller field is not available. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession.

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 32" and the pocket can be deep enough so that ½ of the ball is visible below the sidewall of the stick. (Coaches are urged to reduce the pocket depth as soon as the player's skills improve.) Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 8 players (8 vs. 8). Two field players from each team must remain behind the restraining line at all times. If the coaches of opposing teams agree prior to the game that they would prefer a 10 v. 10 game then they may do so if space allows. Both teams should have a goalie on the field.

**Duration of Game:** Four 12 minute quarters with a 5 minute break at halftime. Each team will be afforded 1 time-out per half. Time-out may only be called after a goal has been scored by either team. The clock will stop on every whistle (stoppage of play) in the last minute of each half.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. See USL rule 9 for clarification.

**Scoring:** Two passes, maintaining possession, must be made prior to shooting on goal. Both passes must be a minimum of six feet in the air. The first pass can be made anywhere on the field and the second pass can originate anywhere on the field but must be caught within the offensive half of the field. Once the second "completed" pass is made the team can go to goal until they score or turn over the ball. If the ball is dropped after the completed pass is made they do not need another completed pass as long as they re-gain possession. The goalie's clearing pass does not count as a pass whether they are inside or outside the goal circle. The referee will determine if a pass is to be counted and he/she will keep track of the number of passes and advise the players when a shot may be taken on goal. No player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net. No Deputy will be allowed. Only the goal keeper will be allowed to possess the ball within the crease. (Goalies need to learn how to clear the ball). A goal keeper's clear pass does not count as an attempted pass

In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw

**Checking:** Stick checking is not allowed under any circumstance. The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. Defensive players should be encouraged to say "I've got Ball" in a non- intimidating manner.

**Coaching Note:** Please place an emphasis on 1 on 1 playing. The referee will stop play when the ball is more than 'double teamed' within the

**Penalties:** All penalties called by the referee shall result in an "indirect" situation when play resumes unless a defensive foul occurred within the 8 meter arc after 3 passes have been made. If a defensive foul takes place within the 8 meter arc after 3 passes then a "direct" call shall be made. A long "three second rule" will apply. Referees are instructed to encourage offensive players to advance the ball when closely guarded for 3 seconds. Offensive players will lose possession if they fail to advance the ball.

**The Three Second Rule:** If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a 'checking' position. For the younger girls in the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> grade divisions, a "slow" 3 second count will apply.

## Modified US Lacrosse Rules for the 2010 Spring Season Bantam Division, Grade 5

**Field Dimensions:** Same as USL rules of 90 to 100 yards between goals. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 36" and the pocket can be deep enough so that the top of the ball is just visible above the top of the side wall of the stick. Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 10 players (10 vs 10). Three players must remain behind the restraining line at all times. During the draw, 5 players from each team are allowed between the restraining lines. Same applies if there is a 4 point score differential. If the coaches of opposing teams agree prior to the game that they would prefer a 12 v 12 game then they may do so if space allows.

**Duration of Game:** The duration of Game will now be two 25 minute halves. Each team will be allowed one, one minute, "time out" per half. A time out can only be called after a goal has been scored by either team. In addition, the clock will stop at each Referees whistle in the last one minute of each.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. See USL rule 9 for clarification.

**Scoring:** One completed pass must be caught within the offensive half of the field prior to shooting on goal. The pass (minimum 6 feet in the air) may originate from anywhere on the field. Once one completed pass is made players can go to goal until they either score or turn over the ball. If the ball is dropped after a completed pass is made they do not need another completed pass as long as they re-gain possession.

The goalie's clearing pass is not included whether inside or outside the goal circle. If the goalie exits the goal circle, she becomes a field player and can not re-enter the goal circle either with the ball or by rolling the ball into the circle. The referee will determine if a pass is to be counted and he/ she will keep track of passes and advise the players when a shot may be taken on goal. No Player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net.

A Deputy is allowed. A Deputy is a player that can only go into the goal circle to scoop the ball off the ground after the goalie has completely removed herself from the goal circle. The Deputy's pass is considered a clear and does not count as a pass.

In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw.

**Checking:** Modified stick checking is now allowed. The offensive player must possess the ball below her shoulder before a defensive player can check her stick legally. The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. All players should be encouraged to say "I've got Ball" in a non-intimidating manner.

**Three Second Rule:** If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a 'checking' position. Where modified checking is allowed in the older age groups, even though the offensive player is holding the ball above the shoulder or holding the ball within the sphere, the referee will still start the three seconds count if the defensive player is in a 'checkable' position.

**Double/Triple Teaming:** Defensive players can only double team an offensive player with the ball. The referee will warn players outside the arc. Triple teaming inside the arc will result in a free shot from the 8M arc.

## Modified US Lacrosse Rules for the 2010 Spring Season Intermediate Division, Grade 6

**Field Dimensions:** Same as USL rules of 90 to 100 yards between goals. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 36" and the pocket can be deep enough so that the top of the ball is just visible above the top of the side wall of the stick. Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 10 players (10 vs. 10). Three players must remain behind the restraining line at all times. During the draw, 5 players from each team are allowed between the restraining lines. Same applies if there is a 4 point score differential. If the coaches of opposing teams agree prior to the game that they would prefer a 12 v 12 game then they may do so if space allows.

**Duration of Game:** The duration of Game will now be two 25 minute halves. Each team will be allowed one, one minute, "time out" per half. A time out can only be called after a goal has been scored by either team. In addition, the clock will stop at each Referees whistle in the last one minute of each.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. See USL rule 9 for clarification.

**Scoring:** One completed pass must be caught within the offensive half of the field prior to shooting on goal. The pass (minimum 6 feet in the air) may originate from anywhere on the field. Once one completed pass is made players can go to goal until they either score or turn over the ball. If the ball is dropped after a completed pass is made they do not need another completed pass as long as they re-gain possession. The goalie's clearing pass is not included whether inside or outside the goal circle. If the goalie exits the goal circle, she becomes a field player and can not reenter the goal circle either with the ball or by rolling the ball into the circle. The referee will determine if a pass is to be counted and he/ she will keep track of the number of passes and advise the players when a shot may be taken on goal. No Player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net.

A Deputy is allowed. A Deputy is a player that can only go into the goal circle to scoop the ball off the ground after the goalie has completely removed herself from the goal circle. The Deputy's pass is considered a clear and does not count as a pass.

In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw.

**Checking:** Modified stick checking is now allowed. Stick checking is allowed as follows: Only the ball carrier can be stick checked and the **entire** stick must be below the shoulder. All stick checks must be away from the body and in a downward motion. The checking stick must retract (short/choppy motion). The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. Stick checking is permitted from behind if the offensive stick is below the shoulder. The defender can not come across the body to check. Players should be encouraged to say "I've got ball" in a non-intimidating manner.

**Three Second Rule:** If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a 'checking' position. Where modified checking is allowed in the older age groups, even though the offensive player is holding the ball above the shoulder or holding the ball within the sphere, the referee will still start the three seconds count if the defensive player is in a 'checkable' position.

**Double/Triple Teaming:** Defensive players can only double team an offensive player with the ball. The referee will warn players outside the arc. Triple teaming inside the arc will result in a free shot from the 8M arc.

## Modified US Lacrosse Rules for the 2010 Spring Season Junior High Division, Grades 7 and 8

**Field Dimensions:** Same as USL rules of 90 to 100 yards between goals. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12M fan and no less than 7M behind the goal line. Hard boundaries will be in affect. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession

**Equipment:** Standard yellow 'hard' rubber ball is to be used. Player's sticks shall be no shorter than 36" and the pocket can be deep enough so that the top of the ball is clearly visible above the top of the sidewall of the stick. Mouthpieces and ASTM approved eye goggles are mandatory for all players. Goalies must wear helmets with a throat protector that either attaches to the helmet or wraps around the neck. A helmet that comes to a point somewhere below the chin is not sufficient. Goalies must also wear a chest protector, goalie gloves, upper leg and waist padding and shin guards. Arm pads are mandatory. Goalies may wear field hockey leg padding that is less than 1" thick. All goalies must remove helmets prior to the game.

**Players on Field:** Each team will field 12 players (12 vs 12) unless determined otherwise before the game. Four players must remain behind the restraining line at all times. Only 5 players from each team are allowed between the restraining lines prior to the draw. Players are allowed to cross the restraining lines at the blow of the whistle.

**Duration of Game:** Two 25 minute halves running time. Teams change sides after the second period. Each team will be afforded 2 time-outs per game. Time-out may only be called after a goal has been scored by either team. The clock will be stopped for each whistle during the last 1 minute of each half. No overtime.

**Substitutions:** Substitutions can be made at any stoppage of play if the referee is notified and acknowledges the request prior to play resuming. Substitutions can also be made 'on-the-fly' if, and only if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorers table. The player coming off the field must exit before the player coming on the field enters. (This includes the goalkeeper.) See USL rule 9 for clarification.

**Scoring:** No passes must be made prior to shooting on goal. If the goalie exits the goal circle, she becomes a field player and can not reenter the goal circle either with the ball or by rolling the ball into the circle. No Player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net. The goalie can not deliberately throw the ball out of bounds.

A Deputy is allowed. A Deputy is a player that can only go into the goal circle to scoop the ball off the ground after the goalie has completely removed herself from the goal circle.

In the event that one team is dominating the game, when a 4 goal difference in score is realized, there will be no face-off and the lower scoring team will take possession at the mid-field line. The field positions will be the same as the draw.

**Checking:** Stick checking is allowed as follows: Only the ball carrier can be stick checked and the entire stick must be below the shoulder. All stick checks must be away from the body and in a downward motion. The checking stick must retract (short/choppy motion). The stick shall not be used to intimidate another player. Waving or 'fanning' the stick at or near another player will result in loss of possession. Stick checking is permitted from behind if the offensive stick is below the shoulder. The defender can not come across the body to check. Players should be encouraged to say "I've got ball" in a non-intimidating manner.

**Three Second Rule:** If the ball carrier has the head of her stick above or partially above the shoulder and is marked (covered) by a defender within a stick's length on the stick side for more than 3 seconds, possession is given to the defender. In order to avoid this penalty, the offensive player must protect the stick by moving it to the other side of the body away from the defender, physically move away or pass/shoot the ball legally. The 3 second rule automatically starts when the offensive player is double teamed by 2 defenders within a stick's length. The defender(s) must have 2 hands on their stick(s).

**Double/Triple Teaming:** Defensive players that are double/triple/multiple teaming an offensive player inside the arc without the ball are exempt from the 'obstruction of free space' rule. The defensive players must be within a stick's length of the offensive player. The defensive players further away must still abide by the 3 second rule.

**Yellow Card Penalties:** When a "Yellow" card is issued to a player, the player will not be able to return to the field for 3 minutes and no substitution will be allowed. In other words, the team will play one field player short for 3 minutes. This will result in a "man-down" situation for the team who fouled. *The "man-down" team need only have (3) field players remain behind the restraining line whether the ball is in the offensive or defensive part of the field. In other words: The "man-down" team is still allowed (7) offensive players when the ball is in their offensive part of the field and they are allowed (8) defensive players [(7) field players + the goalie] when the ball is in their defensive part of the field.* Two yellow cards issued to an individual player will result in their suspension from the game. A "Red" card issued results in an immediate "ejection" from the game. [So as to differentiate between a first "Yellow" card (warning) or a second "Yellow" card (suspension).] Any player or coach receiving a "Red" card will be prohibited from participating in the team's next game.

**HONOR THE GAME OF  
LACROSSE!**

Respect the ROOTS of Positive  
Play

**Rules:** We refuse to bend the  
rules to win

**Opponents:** A worthy opponent  
is a gift that brings out our best

**Officials:** Show respect even  
when we disagree

**Teammates:** Never do anything  
to embarrass our team

**Self:** We live up to our own  
standards even when others  
don't



## **The Purple Card Program**

### **Officials and Youth Council Team Up to Honor the Game**

The US Lacrosse Youth Council and the men's and women's division officials' councils have taken pro-active steps to help insure a positive culture for the sport at the youth lacrosse level. The MDOC/WDOC Sideline Manager and Purple Card concepts have been designed to be preventative tools at youth games. Sideline Managers help to maintain a positive environment and issue the Purple Card as a warning to an individual coach, athlete, fan, or group of fans. Most often, the Purple Card program will correct the unacceptable, unsportsmanlike behavior that threatens to ruin the game, but is also available to support the unfortunate circumstance of game termination as a consequence of an initial incident of or continued unsportsmanlike behavior.

The MDOC/WDOC Purple Card is a resource for men's and women's officials working youth games, designed to work in conjunction with and to help clarify the NFHS Boys' High School Rules and the Official Rules for Girls' & Women's Lacrosse. When used in conjunction with the rules, the Purple Card procedures serve as an effective deterrent to abusive behaviors and create a set of constraints that should: 1) eradicate the "unsportsmanlike behavior" that is creeping into sport, 2) strengthen sportsmanship, 3) contribute to the retention of officials, and 4) honor the game.

Information for officials about the Sideline Manager and Purple Card concepts was distributed at the 2005 US Lacrosse Convention and informational resources for coaches, players and fans have since been completed. Written into the Boys' Youth Rules for 2005 and running as a pilot for girls' youth lacrosse, the success of the Sideline Manager and Purple Card concepts will be as strong as the commitment of organizations and individuals to implement them — thanks for doing your part! To download resources and information, please visit [www.uslacrosse.org/official/purplecard.phtml](http://www.uslacrosse.org/official/purplecard.phtml). Please direct questions or feedback about this program to [programs@uslacrosse.org](mailto:programs@uslacrosse.org).