



2016 SPRING SEASON **RULES and COACHING ETIQUETTE**

The rules committee has prepared the following Coaching Etiquette Guidelines and Rules for the K -1st Grade, 2nd grade, 3rd grade, 4th grade, 5th grade, 6th grade, 7th/8th 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.

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.

It is the responsibility of the Town Coordinator to make sure that all coaches receive a copy of the rules prior to the start of the spring season

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 a K/1st, 2nd, 3rd, or 4th grade game, when a 5 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. In the event that one team is dominating a 5th or 6th grade game when a 6 goal difference in score is realized, the Official will offer possession to the lower scoring team in lieu of the draw. The field positions will be the same as the draw. If it becomes obvious that the two teams are nowhere 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 and coaches 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:

Alternate possession in lieu of a "throw"

Only 3 players from each team are allowed on the draw circle for the draw

2nd Grade Division - A Section XI referee will be assigned to each game and each team will pay this referee \$30

Yellow Card/Red Card – Substitute or "Girl Down" depending on grade division

Red Card – Notifications to SCGL Board

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.

No "deputy" allowed, only the goalie will be allowed to possess the ball inside the crease. (Goalies need to learn how to clear the ball.)

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 all levels. Even pressure "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 allowed.

It is the Suffolk County Girls Lacrosse Rules Committee's objective to progress the younger players up to the "full" game as quickly as possible while still preserving the instructional atmosphere for all grade levels

FOR DETAILED RULES REFER TO:		
GRADE LEVEL	DIVISION	PAGE
K-1 and 2	PEE WEE	4 of 15
3	BEGINNER	6 of 15
4	NOVICE	8 of 15
5	BANTAM	10 of 15
6	INTERMEDIATE	12 of 15
7 and 8	JUNIOR HIGH	14 of 15

Modified US Lacrosse Rules for the 2016 Spring Season Pee Wee Division, Grades K-1 and 2:

K-1 Clinic

First 40 minutes to be a skills clinic coordinated by host town for ALL teams attending

Then two (15 or 20 minute) games with 5 minute break between games for water and switching teams.

One coach from each team may be on the field during games.

7 field players from each team on the field, No Goalie (optional 9 vs 9 if both teams agree)

2 passes must be attempted without a change in possession before shooting on goal. Passes do not need to be caught in the air.

Kindergarten and First Graders Only. No older players regardless of skill level

Only Host Team pays for referees/assistants. Visiting teams does not pay any fees

2nd Grade Division - A Section XI referee will be assigned to each game and each team will pay this referee \$30

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 effect. Large fields can be reduced by narrowing the width (e.g. Cones) and/or bringing in the cages (e.g. portable crease, cones, etc.) Officials will be advised to work under these conditions. 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: NOCSAE approved 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.

Scoring: K-1 Division: Two attempted passes. 2nd Grade Division: Two attempted passes; one pass must be caught. The catch can occur anyplace on the field and anywhere in the sequence of the two attempted passes. Players will continue to pass until there is a completion. Each pass must be a minimum of 4 yards 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 5 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. No Triple Teaming.

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 **2 passes** have been made. If a defensive foul takes place within the 8 meter arc after **2** 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 2nd, 3rd and 4th grade divisions, a "slow" 3 second count will apply.

Yellow Card Penalties: When a "Yellow" card is issued to a player, the player will not be able to return to the field for 2 minutes (playing time) and the penalized team will be allowed to provide a substitute for the player that received the yellow card. A yellow card will NOT result in a "girl-down" situation for the team that committed the foul. *This is for instruction and safety of the players involved*

Two yellow cards issued to an individual player will result in an ejection from the game

1st "Yellow" card (warning) and a 2nd "Yellow" card (ejection)

Red Card Penalties: Results in an immediate "ejection" from the game.

Any player or coach receiving a "Red" card will be prohibited from participating in the team's next game as well.

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

- Name –
- Town –
- Grade –
- Reason –

Modified US Lacrosse Rules for the 2016 Spring Season Beginner Division, Grade 3:

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 4 M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12 M fan and no less than 7 M behind the goal line. Hard boundaries will be in effect. Large fields can be reduced by narrowing the width (e.g. Cones) and/or bringing in the cages (e.g. portable crease, cones, etc.) Officials will be advised to work under these conditions. 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: NOCSAE approved 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 10 players (10 vs. 10). Three players from each team must remain behind the restraining line at all times. In the event that one or both teams have an insufficient amount of players, 8 vs. 8 may be implemented. 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.

Scoring: Two passes, maintaining possession, must be made prior to shooting on goal. The first pass does NOT have to be caught and can be made anywhere on the field. Second pass must be thrown and caught below the restraining line. 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 5 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.

Goalie Clearing Pass: Free Goalie clearing pass if made below goal line extended. If Goalie ventures beyond the 12 meter fan and then loses possession, opposing team may shoot without making the two required passes. If Goalie loses possession within the fan area, then opposing team must make the two required passes.

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. No Triple Teaming.

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 **2** passes have been made. If a defensive foul takes place within the 8 meter arc after **2 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 2nd, 3rd and 4th grade divisions, a "slow" 3 second count will apply.

Yellow Card Penalties: When a “Yellow” card is issued to a player, the player will not be able to return to the field for 2 minutes (playing time) and the penalized team will be allowed to provide a substitute for the player that received the yellow card. A yellow card will **NOT** result in a “girl-down” situation for the team that committed the foul. *This is for instruction and safety of the players involved*

Two yellow cards issued to an individual player will result in an ejection from the game

1st “Yellow” card (warning) and a 2nd “Yellow” card (ejection)

Red Card Penalties: Results in an immediate “*ejection*” from the game.

Any player or coach receiving a “Red” card will be prohibited from participating in the team's next game as well.

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

Name –

Town –

Grade –

Reason –

Modified US Lacrosse Rules for the 2016 Spring Season Novice Division, Grade 4:

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 4 M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12 M fan and no less than 7 M behind the goal line. Hard boundaries will be in effect. 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: NOCSAE approved 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 10 players (10 vs 10). Three players from each team must remain behind the restraining line at all times. In the event that one or both teams have an insufficient amount of players, 8 vs. 8 may be implemented. 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.

Scoring: Two passes, maintaining possession, must be made prior to shooting on goal. The first pass does NOT have to be caught and it can be made anywhere on the field. Second pass must be thrown and caught below the restraining line. Once the second pass (which must be caught) is made, the team can go to goal until they score or turn over the ball. Both passes must be a minimum of six feet in the air. 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. If the goalie comes out of the crease, offensive players may go to goal without fulfilling their required number of passes. 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 5 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. Double Teaming allowed on the field. No Triple Teaming. The referee will warn players outside the arc. Triple Teaming inside the arc will result in a free shot from 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 2 passes have been made. If a defensive foul takes place within the 8 meter arc after 2 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 2nd, 3rd and 4th grade divisions, a "slow" 3 second count will apply.

Yellow Card Penalties: When a “Yellow” card is issued to a player, the player will not be able to return to the field for 2 minutes (playing time) and the penalized team will be allowed to provide a substitute for the player that received the yellow card. A yellow card will NOT result in a “girl-down” situation for the team that committed the foul. *This is for instruction and safety of the players involved*

Two yellow cards issued to an individual player will result in an ejection from the game

1st “Yellow” card (warning) and a 2nd “Yellow” card (ejection)

Red Card Penalties: Results in an immediate “ejection” from the game.

Any player or coach receiving a “Red” card will be prohibited from participating in the team's next game as well.

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

Name –

Town –

Grade –

Reason –

Modified US Lacrosse Rules for the 2016 Spring Season Bantam Division, Grade 5:

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 4 M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12 M fan and no less than 7 M behind the goal line. Hard boundaries will be in effect. 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: NOCSAE approved 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 12 players (12 vs. 12). Four players from each team must remain behind the restraining line at all times. During the draw, 3 players from each team are allowed between the restraining lines. In the event that one or both teams have an insufficient amount of players, 10 vs. 10 may be implemented.

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 scorer's 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. As an approximate reference point, the draw circle area should be used to mark the "offensive half of the field" 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 cannot 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. If the goalie comes out of the crease, offensive players may go to goal without fulfilling their required number of passes. 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 allowed at any level of youth play.

In the event that one team is dominating the game, when a 6 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: Double Teaming allowed. Triple teaming allowed in the 8 meter arc. The referee will warn players outside of 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 1 completed pass has been made. If a defensive Major foul takes place within the 8 meter arc then a “direct” call shall be made (a completed pass is not required before or after the major foul call in order for the “direct” call to be awarded).

Yellow Card Penalties: When a “Yellow” card is issued to a player, the player will not be able to return to the field for 2 minutes (playing time) and the team penalized will play one field player short for the 2 minutes. This will result in a “girl-down” situation for the team that committed the foul.

2 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time.

Two yellow cards issued to an individual player will result in an ejection from the game

1st “Yellow” card (warning) and a 2nd “Yellow” card (ejection)

Red Card Penalties: Results in an immediate "ejection" from the game.

Any player or coach receiving a “Red” card will be prohibited from participating in the team's next game as well.

4 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

Name –
Town –
Grade –
Reason

Modified US Lacrosse Rules for the 2016 Spring Season Intermediate Division, Grade 6:

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 4 M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12 M fan and no less than 7 M behind the goal line. Hard boundaries will be in effect. 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: NOCSAE approved 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 12 players (12 vs. 12). Four players from each team must remain behind the restraining line at all times. During the draw, 3 players from each team are allowed between the restraining lines. In the event that one or both teams have an insufficient amount of players, 10 vs. 10 may be implemented.

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 scorer's 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. As an approximate reference point, the draw circle area should be used to mark the "offensive half of the field" 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 cannot 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 the number of passes and advise the players when a shot may be taken on goal. If the goalie comes out of the crease, offensive players may go to goal without fulfilling their required number of passes. 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 allowed at any level of youth play.

In the event that one team is dominating the game, when a 6 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 cannot 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: Double Teaming allowed. Triple teaming allowed in the 8 meter arc. The referee will warn players outside of 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 1 completed pass has been made. If a defensive Major foul takes place within the 8 meter arc then a "direct" call shall be made (a completed pass is not required before or after the major foul call in order for the "direct" call to be awarded.)

Yellow Card Penalties: When a "Yellow" card is issued to a player, the player will not be able to return to the field for 2 minutes (playing time) and the team penalized will play one field player short for the 2 minutes. This will result in a "girl-down" situation for the team that committed the foul.
2 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time.

Two yellow cards issued to an individual player will result in an ejection from the game

1st "Yellow" card (warning) and a 2nd "Yellow" card (ejection)

Red Card Penalties: Results in an immediate "ejection" from the game.

Any player or coach receiving a "Red" card will be prohibited from participating in the team's next game as well.

4 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

Name –
Town –
Grade –
Reason –

Modified US Lacrosse Rules for the 2016 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 4 M from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12 M fan and no less than 7 M behind the goal line. Hard boundaries will be in effect. 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: NOCSAE approved 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 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 3 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 20 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 scorer's 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 cannot reenter the goal circle either with the ball or by rolling the ball into the circle. No Player should score more than (4) goals per half. The high scoring player may play but they should be told not to shoot on net. The goalie cannot deliberately throw the ball out of bounds.

No Deputy allowed at any level of youth play.

In the event that one team is dominating the game, when a 6 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: Full checking is allowed. 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. The defender cannot come across the body to check. Players should be encouraged to say "I've got ball" in a non-intimidating manner.

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 2 minutes (playing time) and the team penalized will play one field player short for the 2 minutes. This will result in a "girl-down" situation for the team that committed the foul.

2 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time.

Two yellow cards issued to an individual player will result in an ejection from the game

1st "Yellow" card (warning) and a 2nd "Yellow" card (ejection)

Red Card Penalties: Results in an immediate "ejection" from the game.

Any player or coach receiving a "Red" card will be prohibited from participating in the team's next game as well.

4 minute penalty time - The team will play short below the restraining line in both its offensive and defensive ends of the field for the entire penalty time

Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information:

Name –
Town –
Grade –
Reason –