

Rules Interpretation

7th and 8th Grade

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 7/8 may have a 7/8A and a 7/8B team based on player's ability and commitment level. If there are two B teams they must be divided equally by ability and grade.
3. Players must be given equal playing time given all things equal, i.e if two players have attended equal practice time, etc.
4. All players must wear a mouth guard (not clear or white), field players must wear goggles.
5. Full field play with 12 players per team on the field. Must play with a goalie.
6. Goalies at all levels must wear NOCSAE certified helmet designed for lacrosse with facemask and secured with chinstrap, a separate throat protector, chest protector, abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, and a mouth guard that is not white or clear. The goalie must have a number on her jersey, front and back.
7. **7/8 A & B will utilize MODIFIED CHECKING.** Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.
8. All games are 2-25-minute halves running clock. Each team gets 2 timeouts during the game and clocks stop for timeouts/injury. No Overtime.
9. There are NO MORE THAN 3 Coaches on the side with the team bench.
10. Home teams must provide a reliable clock manager to keep time and score.
11. Home team must provide a scoreboard and it must be visible.
12. **Spectators are not allowed on the same side of the field as teams.** Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have remind the spectator of the rules and they will help remove this spectator from the field
13. Substitutes must enter the field and exit the field 5 yards either side of the center line. The sub going into the field must wait to go on until the person leaves the field. Home team **MUST** provide cones to mark the 5 yard 'box'.
14. Three second closely guarded/marked with good defensive positioning rule applies.
15. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense and not push bottom hand out into opposing player, this is also illegal.
16. **No Mercy Rule at this level:**
 - a) There is a draw after every goal regardless of the goal differential
 - b) The leading team should be encouraged to use their non-dominant hand, play other positions, add a pass rule, etc.
17. **Cards:** Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.
 - Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
18. Also, a player can run into a defensive player's legal stick and their own stick hits them in their head (not a card-able foul). It needs to be an INITIATED check.
19. If a player is being legally guarded and has no opportunity to shoot and shoots- this could be a *DANGEROUS PROPEL* if there are girls in front of her or her follow through hits her defender, both are yellow cards.
20. Keep the defense marking up within a stick's length within the 8m, this will help cut down on the shooting space and 3-sec on defense.
21. **PLAYERS MUST STOP and STAND on WHISTLE!**
22. **OFFSIDES:** a team must NOT have more than 7 players below the restraining line in their offensive end, and must not have more than 8 players below the restraining line in their defensive end.

23. Alternate Possession:

1. The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
2. Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
3. After initial possession is awarded, the possession will then alternate.
4. The record of the possession shall be kept at the score table.
5. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.

24. NEW RULE: Possession Rule (on the Draw)

- a) Execution for officials:
 - Referee taking draw drops arm & blows whistle to start play as always done
 - Official waits until 1 of 6 players between restraining line gets clear possession of ball
 - Official loudly calls, "Possession!" releasing players from the restraining lines
- b) PER USL: penalty administration for restraining line breaches is similar to that of an illegal draw. Players don't have to go back to original positions, but:
 - ball carrier returns to center
 - all players must be at least 4m from the ball carrier,
 - and direct opponent must be away at a 45-degree angle from the ball carrier
- c) PER PAGLA Officials: players behind the restraining lines must keep their feet behind the restraining line until "Possession" called. Players can reach over the restraining line with their stick.

25. NEW RULE: Kicking the Ball

- a. Players may kick the ball as a part of field play on any non-shooting effort
- b. Players cannot kick the ball into the goal and score
- c. Players can kick the ball to:
 - i. move the ball away from opponents;
 - ii. position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate

*If a coach or parent receives a yellow card for **behavior**- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$100 and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.*

PAGLA Rules and Directives will be posted on the PAGLA Website. Keep in mind that each region has their own set of Directives.

www.PAGLA.org