

PAGLA RULES

3rd and 4th Grade

1. Teams must be divided into players of equal ability and a mixed 3rd and 4th grade.
2. Seven field players, use of a shooting net/goalkeeper
 - a. Encourage your coaches to tell their players to spread out
 - b. Play 1v1 defense; double/triple teaming a player is not encouraged!
3. Field size 60-70 yards' x 30-40 yards
4. There are NO MORE THAN 3 coaches on the side with the team bench.
5. Keep parents at midfield-in between games. **SPECTATORS ARE NOT ALLOWED ON SAME SIDE OF FIELD AS TEAMS!**
 - a. Each team **MUST** be in charge of their own spectators so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.
6. Goal circle and goal line, 8m arc, center line (The crease or goal circle **MUST** be marked with cones or paint).
7. Regular women's crosse, modified packet allowed. Shaft may be cut to fit comfortably along arm -
 - a. Regulation stick with or without modified pocket and may be cut to fit comfortably along the length of the player's arm. Goalkeeper's stick may be 52" or may be cut to fit. MESH pockets are allowed for the goalkeepers **ONLY!!**
 - i. 35.5" min. and 43.35" max
 - ii. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
 - iii. No more than 2 Shooting/Throwing strings
8. No checking - 3-Sec Good Defense
 - i. 1. Closely guarded/marked
 - ii. 2. the defense has **BOTH** hands on her stick
 - iii. 3. the defense is in position to legally check if checking were allowed
 - iv. Rule book also states that: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. **The official will give an audible and visible 3-second count.**
- b. The count:
 - i. One-one thousand; two one-thousand; WHISTLE
9. *Girls may not hold stick horizontally and make contact with opposing players. Encourage girls to hold stick vertically when playing defense. MAJOR Foul*
10. *Offsides Rule*
 - a. *The 50-yard line is to be used as a restraining line to keep 2 players back!*
11. 20 minute halves running time - Each team has 2 time outs
 - a. Stop clock on time outs!
 - b. ****Please note that if playing a round robin format with a central clock there will be no time outs unless there is an injury.**
12. No overtime
13. No deputy - ref will clarify who can go in and get when the ball is dead inside circle
14. No follow through into goal circle on a shot - NO field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
15. You must have 2 attempted passes the length of the field before shooting!
 - a. **EAST RULE:** If your team gains possession in defense, **one pass must be made once the ball crosses the 50-yard line.** In other words, one player may not take the ball from one side of the field to the other and shoot. Encourage the girls to pass.
16. No rolling the ball under a shot blocker.
 - a. **EAST RULE:** Shot blockers should be placed in a diamond shape in the goal. The bottom corner will hang.

17. Goalies are encouraged but not required:
 - a. If you chose not to have a goalie, your team must use a shot blocker/shooting net in place of a goalie.
 - b. Cages may NOT be turned to have a smaller shooting area. If you do not have a goalie or a shooting net, you must play with an open goal.
 - c. If you chose not to have a goalie, your team must provide a Shot blocker/ Shooting Net in place of a goalie.
 - d. **CENTRAL WEST ONLY:** HOME FIELD teams will provide the rage cage shot blockers if a team does not have a goalie.
18. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.
 - a. An initiated check to the head is a YELLOW card
 - b. Stick to stick contact doesn't mean there is a foul.
19. Balls MUST BE NOCSEA standard ball
20. Eye wear and Mouth Guards - NO CLEAR OR WHITE
21. Goalies - helmet, chinstrap, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard - uniform needs to be on top of gear
22. Sideline manager (both teams) duty control spectators
23. Home team - designated timer; Scoreboard for Mercy Rule
24. SUBS: Unlimited number of players at any time during the play, after every goal and at the halftime. Subs must come through the sub area, Subs cannot enter the field until the sub has come off the field and exited between the cones/markers before a substitute may go on to the field.
25. 8m free positions, a player may shoot provided there is a goalkeeper/shooting net. If it is an open net it will turn into an indirect position. Must pass!
26. **Players must stop and stand on whistle!**
27. Mercy Rule:
 - a. Mercy Rule when there is a 4 goal differential. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
 - b. INDIRECT
 - c. Running Clock, the entire game regardless of score.
28. Start of Game:
 - a. The game will start by a draw except when a free position has been awarded.
 - b. Players should line up in a format that consists of 2 attack, 3 midfielders (1 being a center), and 2 defense.

Additional:

- Also a player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- 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
- Keep the defense marking up in the 8m, must be a sticks length away from a player. (keeps down on shooting space calls)
- **NEW EAST RULE:** A loose ball shall be contested by no more than 2 players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. And kicking the ball is not permitted.

- Alternate Possession-
 - 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.
 - Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
 - After initial possession is awarded, the possession will then alternate.
 - The record of the possession shall be kept at the score table.
 - 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.
 - No alternate possession cannot be taken within 4m of the boundaries.
 - If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended, it shall be awarded at the closest 8m mark on the goal line extended.

*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

PAGLA RULES

5th and 6th Grade

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 5/6 may have a 5/6A and a 5/6B 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. Regulation field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
 - a. NO GOALIE = NO shooting net/blocker; NO turning cage over!
6. Games consist of 2-25-minute running clock halves, no stopping the last 2 minutes.
 - a. Each team receives two time outs anytime in the game. **CLOCK STOPS!**
 - b. NO OVERTIME
7. SPECTATORS are NOT allowed on the same side of the field as the teams.
 - a. Each team must be in charge of their own spectators, sideline manager, so if a spectator becomes unruly they will have to remind the spectator of the rules and they will help remove this spectator from the field.
8. Regulation stick and pocket
 - a. Regulation stick may be cut to fit comfortably along the length of the player's arm. Goalkeeper's stick may be 52" or may be cut to fit. MESH pockets are allowed for the goalkeepers ONLY!!
 - i. 35.5" min. and 43.35" max
 - ii. The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
 - iii. No more than 2 Shooting/Throwing strings
 - b. Pocket is legal when: The top of the ball remains above the top of the sidewall after pressure has been applied to and released from a ball dropped into the pocket of a horizontally held crosse. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.
9. **Modified Checking and 3-sec Good Defense**
 - a. Player may not hold the ball for more than 3 seconds when:
 - i. Close guarded/marked
 - ii. The defense has both hands on the stick
 - iii. The defense is in position to check were checking allowed
 - b. The count:
 - i. One-one thousand; two one-thousand; WHISTLE
 - c. 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.
10. Coaches area is from substitution area to end line on their own half of the field
11. There are NO MORE THAN 3 Coaches on the side with the team bench.
12. Home teams must provide a reliable clock manager to keep time
13. Home team must provide a scoreboard.
 - a. Scoreboard must be visible, although the scores are not reported,
 - i. MERCY RULE (5 & 6 Grades A & B)
 1. 4 goal advantage - INDIRECT from center draw. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
 - ii. If a team is 5 goals ahead of the opposing team the leading team is encouraged to use their non-dominant hand, play other positions, etc.
14. Eye Wear and Mouth Guards - NO CLEAR OR WHITE
15. Goalies - helmet, chinstrap, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard - uniform needs to be on top of gear
16. 8m free positions, a player may shoot or pass
17. Draw - 3 players (from each team) max around circle

18. No Deputy - Ref will clarify who can go in and get when the ball is dead inside the circle
19. No following through into the goal circle on a shot - No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
20. Substitutions must enter the field and exit the field 5 yards either side of the centerline. 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'.
21. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense.
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. **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.**

- a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash

24. PLAYERS MUST STOP and STAND on WHISTLE!

25. Alternate Possession-

- a. 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.
- b. Alternate possession will take the place of a "toss" when offsetting minor/major fouls occur.
- c. After initial possession is awarded, the possession will then alternate.
- d. The record of the possession shall be kept at the score table.
- e. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player awarded possession of the ball.
- f. No alternate possession cannot be taken within 4m of the boundaries.
- g. If the alternate possession would be awarded inside of the critical scoring area and above the goal line extended, it shall be awarded at the closest 8m mark on the goal line extended.

26. 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.

27. 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

Additional:

1. Also a player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
2. 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
3. Keep the defense marking up in the 8m, must be a stick's length away from a player. (Keeps down on shooting space calls)
4. Critical Shooting Area (CSA)
 - a. 12-meter mark above the goal line and spreads 12 meters on either side of the goal, and goes 9 meters behind the goal as well

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PAGLA RULES

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/checked 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 cardable 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:

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and direct opponent must be away at a 45-degree angle from the ball carrier
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25. NEW RULE: Kicking the Ball

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