

SAGLA Play Day 2018 Rules

	3 rd /4 th Grade	5 th /6 th Grade	7 th /8 th Grade
Rules	US Lacrosse 2018 Youth Girls' Rulebook OFFICIAL RULES FOR GIRLS' LACROSSE		
	10U	12U	14U
Game Duration	25 minutes with Running Clock		25 minutes with Running Clock
Format	7 v 7 (2-3-2) with Shot Blocker. GK encouraged.		Full Field. 12 v 12 (4-3-4 with GK)
Defense	1 v 1. Hold stick VERTICALLY when playing defense.		Hold stick VERTICALLY when playing defense.
Three Second Good Defense	1) Closely guarded/marked 2) Defender has BOTH hands on her stick 3) Defender is in position to legally check stick (if checking were allowed) 4) Official will provide audible and visual count		
Start of Game	Game will start with a draw except when a free position has been awarded		Game will start with a draw except when a free position has been awarded.
Stick	Regulation women's crosse. Modified pocket allowed.		Regulation women's crosse and pocket.
Goal Keeper (GK)	Shot Blocker required (GK encouraged). NO rolling the ball under shot blocker.		Goal Keeper (GK)
Checking	NO Checking		Modified Checking
Possession	N/A		1) Referee taking draw drops arm & blows whistle to start play 2) Official waits until 1 of 6 players between restraining line gets clear possession of ball 3) Official loudly calls, "RELEASE!" releasing players from restraining lines
Kicking the Ball	N/A		Players may kick the ball as a part of field play on any non-shooting effort
Pass Rule	Two attempted passes the length of the field before shooting on goal. After a missed shot on goal Offense maintains possession (no new pass count) and can continue to shoot on goal if possession is maintained and defense has not obtained possession of ball.		NO pass rule unless coaches from both teams agree to implement a pass rule.
Substitution	Rolling substitution will occur with the substitutions entering/exiting the field 5 yards on either side of the center line.		
Deputies	Not Allowed. Referee will clarify who can retrieve the ball when the ball is dead inside GK circle.		
Equipment	1) NO jewelry 2) All field players must wear protective eyewear – NO CLEAR OR WHITE 3) All players (including GK) must have a mouth guard – NO CLEAR OR WHITE 4) 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.		

SAGLA Play Day 2018 Rules (continued)

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Mercy Rule	Four goal differential. The losing team has the option of either taking possession without a draw after a goal or continuing with the draw. Placed as INDIRECT free position.	1) Four goal differential. The losing team has the option of either taking possession without a draw after a goal or continuing with the draw. Placed as INDIRECT free position. 2) If a team is 5 goals ahead of the opposing team, the leading team is <u>encouraged</u> to use their non-dominant hand, use a passing rule, play other positions, etc.	<u>Draw after every goal regardless of the goal differential.</u> If a team is 4 or more goals ahead of the opposing team the leading team is <u>encouraged</u> to use their non-dominant hand, use a passing rule, play other positions, etc.
Penalty Administration: Coaches and Parents	1) If a coach or parent receives a yellow card for behavior- the club is fined \$100. 2) If a coach or parent receives a red card for behavior- the club is fined \$100 and the coach/parent will be asked to leave the game/field area and will not be allowed on field for the next game.		
Penalty Administration: Players	Carded player leaves field and enters the penalty area for two (yellow) or four (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.	1) Carded player leaves the field and enters the penalty area for two (yellow) or four (red) minutes. a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash. 2) If same player gets two yellow cards, player sits out for rest of game.	