

**2021 PAGLA Directives**  
**Regions: Central West/South/Tri County**

**General Directives**

Clubs must register and pay dues to PAGLA. PAGLA Treasurer sends invoice to clubs for payments second week of March with payment due in 30 days. (This does not mean register teams; it just means to register their club)

PAGLA games must take precedence over other games and tournaments including summer club team schedules.

PAGLA teams may not schedule with NON-PAGLA teams during the spring season.

The PAGLA League follows US Lacrosse youth rules unless otherwise noted. All Clubs must send their coaches the updated directives at the start of each spring season.

Players must play for the lacrosse club in their township/school district. If there isn't an established PAGLA program in that township/school district, they may play for a neighboring club. Club directors must notify the PAGLA President if a request has been made to have a player register for another lacrosse club other than their township/school district club. A decision about any girl wishing to play for a different club will be on a case by case basis.

The PAGLA League recognizes third/fourth, fifth/sixth, and seventh/eighth grade teams. There are no formal teams for kindergarten to second grade in PAGLA but we encourage you to scrimmage other programs with similar grades.

Players must be in the grade of the team they are playing for:

- \*K-2<sup>nd</sup> graders play on the K-2 teams

- \*Third and Fourth graders play on the 3/4 teams. Second graders are not permitted to play up on the 3/4 teams. 3/4 teams are not leveled.

- \*Fifth and Sixth graders play on the 5/6 teams. Fourth graders may not play up on the 5/6 grade teams. Fifth graders may not play down to the 3/4 level. 5/6 levels are A, B and C.

- \*Seventh and Eighth graders play on the 7/8 teams. Sixth graders may not play up to 7/8 and 7th graders cannot play down to the 5/6 level. If a club is not able to field enough players for a 7/8 B team, 6th graders are permitted to be placed on the 7/8 B roster. However, the 7/8 B team must not contain a large number of 6th graders. NO 6th graders on a 7/8A.

You cannot MOVE levels (A-B, B-A) up or down once the season has started.

If you have multiple "A" level teams at the 5/6 or 7/8 level, they need to be split equally by skill level and grade. Additionally, clubs having multiple "B" level teams must be split equally according to skill level and grade as well. Therefore, there should not be any teams that are strictly all 5<sup>th</sup> grade, all 6<sup>th</sup> grade, etc.

All 3/4 grade teams must be divide equally by grade and skill level. (No A & B levels.)

If a club has enough players to host multiple teams at a specific grade level, has been a member of PAGLA for at least 2 years, and feeds into a High School that has a varsity lacrosse program, that club must have at least one "A" level team (or request a waiver from PAGLA's board).

If the colors are the same for both teams, the home team must either reverse their jerseys when possible or wear scrimmage vests for the entire game.

US Lacrosse Mandate: Officials are not to start a game unless there is a NOCSAE certified ball. If a ball comes into play and officials see that it doesn't have the NOCSAE certified stamp on the ball then they are to toss it out of play and wait until we get a new one. Please keep in mind that this rule is mandated by US Lacrosse and we are to follow all of their rules. US Lacrosse actually told the officials that is there are no certified balls at the field then the game cannot take place, so please have the certified balls at the fields.

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 \$200 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.

**Sportsmanship** is paramount at PAGLA along with the development of all players. As such, no team should win a game by more 9 points as it is (i) demoralizing to the losing team and (ii) there are always skills for youth players to work on outside of running up the score. When a team wins by the more than 9 points:

The coach of the losing team can report the score and involved teams to PAGLA's board; Central West Regional Rep – Catherine Merz [girlsrep@blazelax.com](mailto:girlsrep@blazelax.com). Violations will be treated as follows:

**1<sup>st</sup> violation:** Violating team's coach is warned of their violation

**2<sup>nd</sup> violation:** Violating team's program director will need to meet with a Sportsmanship Committee (likely by phone)

**3<sup>rd</sup> violation:** B-level teams will automatically be registered for A-division play at the playday. A-level team coaches will be subject to disciplinary measures by the Board, including a possible revocation of coaching privileges.

## Officials

Assignors for each region will assign officials, for all games, scrimmages and regular season.

The schedule will be confirmed prior to the start of the season.

Arbiter will be utilized to assign the officials. PAGLA will collect an Arbiter fee from each club.

- 1) Club Directors are expected to check Arbiter prior to each game and inform their coaches of the officials assigned.
- 2) Club Directors are not permitted to schedule referees on their own.
- 3) In the case of cancelling a game due to weather, the Club Director must check arbiter before cancelling a game so they can write down the contact information for those officials. Once the referee director is called and the game is cancelled in arbiter that information will not be available. It is the home club directors' responsibility to call the officials to cancel.
- 4) All PAGLA Adult and Junior Officials must have the correct training as stipulated by US LACROSSE.
- 5) Coaches, parents, directors...may NOT yell at refs. If you have a problem with a lacrosse official the coaches should tell their director and the director will call the referee director. Referees will be encouraged to give cards to spectators and coaches.
- 6) At halftime you may address any concerns with the official politely.
- 7) Coaches are not permitted to contact the assignor; **only** the club director may do so.
- 8) \*\* "A" level games may only be officiated by Adult Officials!! A game officiated by one or more junior official **MUST** be either no checking (3/4 level) or modified checking (5/6B & 7/8B) **ONLY!!** Junior Officials are not certified to officiate full checking games.

## Game Scheduling

Each region will have a designated scheduler that will create the game schedule for the season.

Creating the game schedules is a very difficult and time-consuming process. There are many parameters that go into creating the entire schedule based on all of the various field availabilities, the number of games each season, referee assignments, and age groups.

PAGLA games **MUST** be the priority. Do not overschedule your teams with extra games. You

may not schedule any games with a club that is in PA and is not a member of PAGLA.

It is **optional** for the "HOME" directors/coaches to contact the opposing directors, coaches and referees the week prior to each game to confirm attendance, time, and place. However, in the event of a **change and/or cancellation** the "HOME" director/coach **MUST** contact the opposing directors, coaches and referees **ONE WEEK in advance** to the game.

**Arbiter-** checking and getting in touch with referees:

Check **your officials and email them a reminder** for your home games. Sometimes adult and junior officials need to be reminded of where the game/field is located:

1. Please go to [www.arbitersports.com](http://www.arbitersports.com)
2. Sign in with your club's log in
3. Click on the number under the '**games' column** and this will bring you to a list of all of your games.
4. If you look at the '**slots' column** you will see 0/2 if there are no refs who picked up the game, 1/2 if one ref...etc.
5. Click on the 0/2, 1/2, 2/2...This will show you the names of the refs- you can click on their name to get in touch and see their info.

**Check your team's officials each week and write down/print the info- you will need this to call the officials assigned to your games in the event you have to cancel due to weather the morning of game.**

## Game Re-Scheduling

**Weather is the ONLY reason a game can be rescheduled or cancelled.** If the field condition is un-playable and not safe, a game can be re-scheduled.

If there is a light rain games can be played. The only reasons to cancel are thunder/lightening, standing water (puddles) on the field, or your township/school district closes the fields.

The home field team must contact the opposing team **before 8:00am** if they feel weather may be an issue that day to give them the status of the game/fields. Cancellations must be made at least 3 hours prior to the game start time.

### Steps to cancel/reschedule your game:

Get your officials information from arbiter. You may not just email or leave a message and assume they got the message.

Home field director/club should call officials for the field and let them know the game(s) is cancelled. If the officials show up to the field because the home club did not cancel them, the home club will have to pay them.

The director/coach needs to also contact the referee director to cancel the game(s) in Arbiter.

The director/coach needs to contact the opposing team(s) to cancel.

If coaches/directors decide to reschedule for different day/time they must work out the new date and time based on field and player availability.

If the coach is making the decision on rescheduling they need to inform their Club Director and the Club Director will communicate to the Referee Director the new date and time for the game. Officials will be assigned to the new game date and updated in Arbiter.

Club Directors will also inform their schedulers so that the game can be rescheduled in League Athletics. Robin (Central West Scheduler) will be sending information on how to contact her about rescheduling games through a Google document...this document can be found on the PAGLA website

## **PAGLA GAME DAY PROCEDURES**

Home field is properly marked and lined according to US lax rule book

Home field provides goal cages that meet US lacrosse rule book specifications

(all holes repaired with zip ties)

Home field provides cones to define substitution area, 10 yard box, 5 yards on either side of center line

Home field provides four cones to clearly mark four corners of the playing field

Home team provides visible scoreboard centrally located at the 50-yard line (visible to officials, teams and spectators)

Home team provides visible clock centrally located at the 50-yard line (visible to officials, teams and spectators)

Each team appoints a scorekeeper, with an official scorebook, so there are no discrepancies with a score.

Each team appoints a timekeeper- there must be a timekeeper from each team.

Scorekeepers and timers must be centrally located at the 50-yard line.

The scorekeeper/timer is not part of the team's coaching staff and will refrain from commenting on officials calls

Referees and coaches sign both scorebooks at the conclusion of the game.

Payment to officials on gameday via PAYBALL

## 2021 Officials Fees for Youth Lacrosse

### 7/8th

(2 x 25min) must have at least 1 adult, we encourage you to have 1 adult and 1 junior

(2) Adult officials (\$65) each official  
Adult official (\$65) and Junior official (\$30)  
Adult official (alone) - (\$85)

### 5th/6th

5/6- (2 x 25min) we encourage a minimum of (2) junior officials

(2) Adult officials (\$65) each official  
Adult official (\$65) and Junior official (\$30)  
(2) Junior officials (\$30) each official  
Adult official (alone)- (\$85)

### 5/6<sup>th</sup> Round Robin

Junior officials- \$50 for (3) 20 minute games (\$50 each official)  
Adult officials- \$65 for (3) 20 minute games (\$65 each official)  
Adult official (alone)- (\$85)

### 3<sup>rd</sup>/4<sup>th</sup>

We encourage (2) junior officials per game  
junior official- \$40 for (3) 20 minute games (\$40 each official)  
Junior official (alone) \$40  
Adult official (alone) \$65

### 3/4<sup>th</sup> Round Robin

(2) 20 minute halves (not round robin) \$30 (\$30 each official)  
(2) 20 minute halves (not round robin) \$30 (\$30 each official)  
Adult official (alone) \$65

### K/1st/2nd

We encourage (1) junior official per game  
Junior official \$40 for (3) 20 minute games (round robin)  
Adult official (alone) \$65  
Junior official \$30 for (2) 20 minute halves (not round robin)  
Adult official (alone) \$65

**\*\*Please note that officials doing K-2 games should be paid  
THE SAME RATE as the 3<sup>rd</sup>/4<sup>th</sup> grade games. \*\***

## PAGLA RULES 2021

### 3<sup>rd</sup> and 4<sup>th</sup> Grade

**US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials.**

1. Teams must be divided into players of equal ability and a mixed 3<sup>rd</sup> and 4<sup>th</sup> 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.
    - 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 is allowed two time outs (2 minutes in duration)
  - 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 flush along the ground and have all the room to shoot above and to the sides.
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 RULE:** HOME FIELD teams will provide the 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 OR WHITE TEETH ON MOUTHGUARD
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. 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 with a whistle start by official from center draw line
  - c. Running Clock, the entire game regardless of score.
  - d. **EAST RULE: as per USL recommendations no score is kept so NO MERCY RULE**
27. 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.
28. 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
29. Penalty Zone will be enforced added 2019 season (Please see last pages for rule details and FAQ)
30. **East, South, Tri County and West will not be playing with self-start rule this season.**
- PLAYERS MUST STOP AND STAND ON THE WHISTLE!**
31. **NEW RULE FOR 2021: Free Movement - Please see last pages for rule details**

**Additional:**

- 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)
- 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.

USL Rule- minor foul 6.1 in 2020 rule book

- 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 \$200 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](http://www.PAGLA.org)

## PAGLA RULES

### 5<sup>th</sup> and 6<sup>th</sup> Grade

**US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials.**

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 is allowed two time outs (2 minutes in duration) 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.
    - 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. 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 with a whistle start by official from center draw line. 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.
- 13. Eye Wear and Mouth Guards – NO CLEAR OR WHITE OR WHITE TEETH ON MOUTHGUARD
- 14. 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
- 15. 8m free positions, a player may shoot or pass
- 16. Draw – 3 players (from each team) max around circle
- 17. No Deputy – Ref will clarify who can go in and get when the ball is dead inside the circle
- 18. 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!
- 19. 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 10-yard 'box'.
- 20. Girls may not hold stick horizontally and make contact with opposing player. Encourage girls to hold stick vertically when playing defense.
- 21. 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.
- 22. 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
- 23. 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 award 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.

#### 24. 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 uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines

##### b) Players behind the restraining lines must keep their feet behind the restraining line until

"RELEASE" is called. Players can reach over the restraining line with their stick

##### c) Penalty administration for Early Entry on the Draw violations: (restraining line or center circle line)

Free position at spot of the ball at time of the foul- place offender 4M away direction of goal she is defending --Self Start

##### d) Penalty administration for illegal draw violation: Ball back to center place offender 4M away at 45 degree angle direction of goal she is defending -Self Start

#### 25. 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:

move the ball away from opponents;

position the ball for easier recovery into the player's stick; or position the ball for easier recovery by a teammate

25. Penalty Zone will be enforced added 2019 season (Please see last pages for rule details and FAQ)

26. **SELF START -Please see last pages for rule addition for 2021** as well as all 2019/2020 rule details and FAQ

**27. NEW RULE FOR 2021: Free Movement - Please see last pages for rule details**

**Additional:**

1. 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 to the endline.

**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 \$200 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.**

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PAGLA RULES  
7<sup>th</sup> and 8<sup>th</sup> Grade

**US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials**

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 or have white teeth), 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.

**EAST REGION 7/8 A & B will be playing TRANSITIONAL CHECKING for 2021 (ADULT OFFICIALS)**

**WEST REGION 7/8 A will be playing FULL CHECKING for 2021 (ADULT OFFICIALS)**

8. All games are 2-25-minute halves running clock. Each team is allowed two time outs (2 minutes in duration) clocks stop for timeouts/injury. No Overtime.  
**EAST REGION 7/8 A & B play stopped clock in the last 2 minutes of second half.**
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.  
EAST- Both teams keep 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 to remind the spectator of the rules and they will help remove this spectator from the field
13. 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!

14. 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 10 yard 'box'.
15. Three second closely guarded/marked with good defensive positioning rule applies. This doesn't apply if Transitional or Full Checking is taking place.
16. 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.
17. **No Mercy Rule at this level: SOUTH AND EAST mercy rule modifications below**
  - a) There is a draw after every goal regardless of the goal differential
  - b) If the leading team should be encouraged to use their non-dominant hand, play other positions, add a pass rule, etc.

**EAST REGION plays a 10 goal Mercy Rule since they play stopped clock in last 2 minutes of second half.**

**SOUTH REGION plays a 5 goal Mercy Rule so at 5 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.**
18. **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.
  - a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash
19. 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.
20. 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.
21. 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.
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. 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 uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines

### b) Players behind the restraining lines must keep their feet behind the restraining line until

"RELEASE" is called. Players can reach over the restraining line with their stick

### c) Penalty administration for Early Entry on the Draw violations:

(restraining line or center circle line)

Free position at spot of the ball at time of the foul- place offender 4M away direction of goal she is defending --Self Start

### d) Penalty administration for illegal draw violation: Ball back to center place offender 4M away at 45 degree angle direction of goal she is defending -Self Start

## 25. 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

26. Penalty Zone will be enforced added 2019 season (Please see last pages for rule details and FAQ)

27. **SELF START -Please see last pages for rule addition for 2021** as well as all 2020 rule details and FAQ

**28. NEW RULE FOR 2021: Free Movement - Please see last pages for rule details**

**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 \$200 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](http://www.PAGLA.org)

## Goalie rules that apply to all grades:

Goalies at all levels must wear:

- NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
- Separate throat protector
- \*\*\*New for 2021\*\* NOCSAE ND200 chest protector
- abdominal & pelvic protection
- goalkeeper gloves
- leg pads must protect shins and thighs
- mouth guard that is not clear, white, or a colored one with teeth on the front.

Goalie must have a team jersey on OVER her equipment. It must have a number on the front and back of the jersey.

Goalies may not: shoot, draw, score, or be between restraining lines during the draw.

Please remember that the goalies must wear leg protection on their shins and that this protection must be larger than 6 inches and must be lacrosse pads. If they are in the game with improper equipment it is an foul for illegal equipment and a change of possession, goalie must leave the field to get proper equipment on, ball goes to the 8m hash on the goal line extended and goalie stays in the crease.

## 2020/21 Rule Explanations

### Free Movement

Only player who committed foul and player who got fouled stop and set-up according to major and minor foul.

Anywhere on field except 12m: player who fouled must start moving 4m away and girl who was fouled can self-start

Self-start- applies everywhere except inside 12m critical scoring area

**Inside 12m:** critical scoring area: player who fouled must stop and be set up by ref 4m away and girl who was fouled must stop and get set up on 12m by ref, but everyone else can move freely

**Inside 8m:** player who fouled must stop and be set up 4m behind by referee and girl who was fouled must stop and get set up on 8m hashmark by ref

The defensive players are entitled to the hashmarks adjacent to the 8m free position. Everyone else can move freely outside of the Penalty Zone

**Ball out of bounds after shot**

When reach stick out forward to “appear” in front of opponent, if player’s stick is reaching over the boundary line out of bounds at same time that ball goes out of bounds, then player reaching stick forward is considered out of bounds and next closest player will get the ball

**Points of Emphasis 2020/2021**

Inclusion of the neck area in the penalty for check to the head

**STARTS AND RESTARTS**

As the second year of allowing self-starts begins, the rules committee would like to clarify how they are administered. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self- start. When a whistle is required to start play and a player self-starts on her own, a false start penalty will be administrated for the U12 and U14 levels. Consistent and proper officiating will provide smooth transition for starting and restarting play.

**DELAY OF GAME - SELF-START**

As the pace of play has increased, the rules committee has identified both offensive and defensive delays of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage the delays with warning, upgrade to a major foul and use the green, green-yellow and yellow cards.

**REPEATED FOULS**

This point of emphasis is to focus game management on limiting repetitive fouls and manage illegal play. These fouls disrupt the flow of play and present a risk of injury and unsafe play. Any foul on the field is a warning to all participants. When a team or an individual player is recognized by the officials and continues to commit a foul or a series of fouls, a warning shall be given and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown or slow a team's movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play and uphold the integrity of the game.

### **Free Movement 2020/2021**

Allowing players to freely move around the playing field after a whistle is one of 12 changes to high school girls lacrosse rules and youth lacrosse approved for the 2020 season.

The change to free movement impacts several areas of the NFHS/USL Rules Book. Rules 5-1-2 and 5-1-3 have been adjusted to eliminate the requirement for players to stand in place after an official's whistle.

Free movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages including possession time-outs (Rule 4-3-3), injury time-outs (Rule 4-2-3), major and minor fouls (Rule 5-3-1), when the ball goes out of bounds (Rule 6-3-1) and free position or alternating-possession restarts (Rule 10-1).

### **Self-Start rule addition 2020/2021**

Rule has been amended to allow self-starts on boundary restarts. When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds.

On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

### **SELF START FAQ**

The adoption of the new self-start rule in girls' lacrosse decreases the amount of involvement by officials in restarting play, thus increasing the pace of the game.

**“For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle.”**

The offending player must immediately move 4 meters behind or to the side of the player taking the free position, as indicated by the official. Any other player(s) within 4m must move to a position indicated by the official. All players farther than 4m from the foul are allowed free movement.

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and-a-half length away) from the player who is awarded the free position, the player who is awarded the free position may pick up the ball and, from a settled stance, self-start from that location.

If the ball ends up outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location of the free position.

If the player who has been awarded the free position chooses to self-start, the defensive players may engage immediately following the self-start. The ball carrier does not have to wait for all other players to be in position before she self-starts. The ball carrier may also elect to wait for the official's whistle to restart play.

To resume play when the ball has gone out of bounds, the closest player of the team awarded possession of the ball may commence play with a self-start, relative to the spot from where the ball went out of bounds. The player may commence play, from a settled stance, with a self-start within 2m of the boundary line. All other players must be at least 1m from the ball carrier.

If any player (with 4M) moves prior to the player who has been awarded the free position, this results in a false start and shall be penalized at the spot of the ball. Repeated false starts or delays in moving 4m by the defense may result in a delay-of-game card.

## **FAQs - Frequently Asked Questions about Self-Start**

### **Q1. How do we define a settled stance?**

A settled stance is defined as: both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play

### **Q2. When is a self-start NOT an option?**

- a) The game clock is stopped for any reason.
- b) Restraining line violation (offsides)
- c) Ball is in Critical Scoring Area (excluding boundary restarts)
- d) Alternate Possession
- e) Inadvertent Whistle
- f) Overtime
- g) After a goal is scored

### **Q3. Can a player self-start on an illegal draw?**

Yes

### **Q4. What does “within playing distance” mean?**

Playing distance can be defined as within 1½ stick's length of where the foul occurred. A player's momentum may carry them forward this distance (after a whistle has been blown for a foul). Self-starts are permitted within this distance, unless the restart would occur within the critical scoring area

### **Q5. Is it a foul if the player self-starts beyond “playing distance?”**

NO, it is a reset. The official should whistle to stop play and indicate the correct location for the restart. The original ball carrier returns to spot of foul, takes a settled stance and self-starts (no whistle needed.)

**Q5. What if a player self-starts when it is not allowed?**

They can be given a delay of game penalty or a verbal warning based on the situation.

**Q6. What if the offending player or other players do not try to move 4m away/behind the ball carrier? Does a player wishing to self-start have to wait for other players to move 4m behind/away?**

The player with the ball does not have to wait to self-start. If the ball carrier chooses to commence play with a self-start while players are within 4m of the ball, there is no foul. If, however, the ball carrier chooses to wait to commence play until all players are 4m away and the opposing players do not try to move, a delay of game foul may be considered.

**Q7. How do we determine when play has commenced?**

Play will commence once the ball carrier steps or passes. A step is defined as the act of lifting and setting down one's foot. Rocking motions do not commence play. Additionally, movement of the ball carrier's stick does not commence play.

**Q8. Is it a foul if a defender engages the ball carrier prior to her self-start?**

YES. The official blows an immediate whistle, signals false start, and instructs the offending player to move 4m behind. All other players remain 4m away.

**Q9. What are the requirements for play to be restarted when the ball goes out of bounds?**

Rule has been amended to allow self-starts on boundary restarts. When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence play with a self-start without coming to a full stop in bounds. On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

Exception: If the ball goes out of bounds and is awarded to the goalie (who is within her goal circle,) the goalie may NOT self-start. Play is restarted with a whistle.

**Q10. Can a player self-start when the ball goes out of bounds as the result of a foul?**

Yes. The fouled player is positioned, with the ball, at the spot of the foul (at least 4m from the boundary) and may choose to self-start.

**Q11. Are self-starts permitted within the last two minutes of each half (when stopped clock is in effect)?**

Self-starts are not permitted when the game clock is stopped. However, if there is a running clock due to a 10-goal differential, self-starts are permitted.

**Q12. Is there ever a time when a whistle start should be used when a self-start is allowed?**

YES. If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with a whistle. For example, if the ball carrier has waited to ensure all players are 4m away and still does not self-start, the official may start play with the whistle. Or if, in the judgement of the official, a team is deliberately delaying the restart to gain an advantage (e.g., a one-goal game), a whistle start may be used.

**FAQs - Frequently Asked Questions about Penalty Zone**

**Q1: When clearing the penalty zone, are defensive players always entitled to the hash adjacent to the ball carrier?**

No, not always; only the defensive player who has been cleared to the hash adjacent to the ball carrier is entitled to the adjacent hash. If no defensive player would be moved to the adjacent hash, the adjacent hash will remain empty. If an attack player would be moved to the hash adjacent to the ball carrier and there is no defensive player that would be moved with her, the attack player is entitled to the adjacent hash.

**Q2: Are there any situations where a lane is cleared instead of the penalty zone?**

Yes. For any major foul that occurs between the 8m arc and the 12m fan you will still clear a lane which is as wide as the goal circle and all players are well outside of the lane.

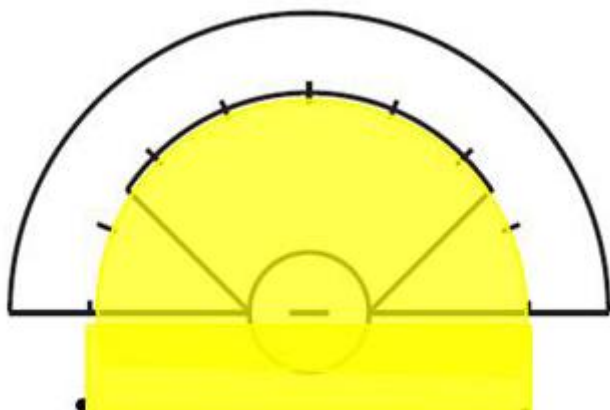
**Q3: If the goalkeeper is outside of her goal circle when a foul is committed can she clear back into her goal circle?**

Yes. As long as she did not commit the foul and was within the penalty zone, she can clear back into her goal circle when the penalty zone is cleared.

**Q4: If a free position is being set on an outside hash mark (the hanging hash), does the pie area on the opposite side of the 8m arc need to be cleared?**

Yes. Any time a free position is taken on a hash mark, the entire penalty zone must be cleared.

**Understanding the Girls' Penalty Zone** In 2019 high school and youth girls' lacrosse will implement several significant rule changes. One change focused directly on increasing player safety is the creation of a penalty zone. The penalty zone is intended to simplify penalty administration and address safety concerns around 8-meter free positions. This area will be cleared for all 8m free positions awarded above the goal line extended.



The penalty zone is the area from inside the 8-meter arc and extending back to the dots from the 8-meter arc.

If a major foul by a defensive player occurs within 8-meters of the goal circle above the goal line extended, the entire penalty zone must be cleared. All players in the penalty zone must take the shortest route out.

If a major foul by a defensive player occurs below the goal line extended, the player with the ball will go to the nearest dot. The penalty zone is not cleared when a foul is administered at a dot.

The procedures for clearing the penalty zone will remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.

