



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2018 GIRLS GAME DAY RULES

SFYLL is a recreational league. The purpose of the league is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Emphasis should be on having FUN!

ALL DIVISIONS WILL FOLLOW GIRLS YOUTH RULES IN THE 2018 USL GIRLS YOUTH RULEBOOK WITH SPECIFICATIONS BELOW

6U & 8U

- No checking
- Use **SOFT** lacrosse ball
- Each team may have 1 coach on the field (must not interfere with players or officials)
- All players start on their defensive end of the field
- No Draw; win coin toss to start with ball at center; other team gets 1st alt. poss and start 2nd half with ball.
- **One pass rule**
- Restarts after goal 8m away from goal circle.
- 8m free positions are **direct** when **shot blocker** is used--- Rolling ball under the shot blocker not allowed
- 8m FPs are **indirect** when using **flipped goal**.
- Must play 1 v 1 defense; no 3 seconds foul
- Scrum rule- 1 v 1 on groundballs (alt. poss. awarded)
- Youth sticks, mesh allowed, modified pocket
- Carded player leaves field for 2 minute. Substitute must take her place.

6U

- 5 v 5, coaches may agree to 7 v 7
- **eyewear optional**
- No goalie (use shot blocker or flip goal for V)

8U

- 7 v 7, (7 field players or 6 field and 1 GK)

10U

- 12 v 12; regulation field; 11 field players & 1 goalie
- Direct free position allowed on 8m if no goalie.
- NOCSAE ball; No checking; Scrum rule is **not** in effect
- Youth crosse, modified pocket allowed
- 1 v 1 defense in midfield (foul: players go back; other 4m away)
- Covering **is** permitted if no other players are near.
- Carded player leaves field for 2 minutes. Substitute must take her place.

12U and 14U

- 12 v 12; regulation field; 11 field players & 1 goalie
- Modified Checking; NOCSAE ball
- May safely kick the ball on a non-shooting attempt
- Regulation stick with regulation pocket

Game Duration

6U, 8U & 10U: 20 minute running halves; 2 timeouts per game; No overtime if tied

12U & 14U: 25 minute running halves; 2 timeouts
Overtime: One 3 min sudden victory with 1 timeout

All: Clock stops on each whistle in the last 2 min. of each half unless there is a 10 goal differential;

Field Size

10U, 12U, & 14U: Length: 110 yds (goals 90 yd apart; 10 yds behind each goal) Width: 60 – 70 yds. Restraining line 30 yd above goal line. All regulation lines used including dots below GLE. Unified field for 110 or 120 yards may be used.

6U & 8U: Length: 60---70 yds. 8m arc, goal circle, goal line, goal line extended, mid line.

- **All fields must have 4m of clear space around ALL sidelines. Scorer's table, team area, coaching area, and spectators must be clear of this space.**

FOUL Definitions (ALL DIVISIONS)

- **3-Second Position Closely Guarded:** opportunity to legally check the crosse without fouling (the 3-second count starts when the umpire deems that the player with the ball could be legally checked if checking were permitted. Defender must have both hands on her stick. Count stops when stick is moved to a uncheckable position and restarts if it returned to a checkable position) (10U, 12U, 14U)
- **Possession on the Draw:** No more than 3 players between the restraining line until possession has been established. Players below the RL can reach over the RL **as long as feet are not touching or over RL.** (10U, 12U, 14U)
- **Modified Checking:** entire stick below shoulder; down & away
- **Cards:** yellow- 2 minutes; sub takes place on (6U,8U,10U); no sub (12U, 14U); red- rest of the game

ALL DIVISIONS

- **No more than 3 coaches in the coaching area.**
- **On draw, both sticks must be parallel to and above center line**
- Mercy rule: 10U and above, when there is a **4** goal differential, the trailing team will start with a free position at the center of the field instead of a draw. The player taking the FP may not shoot until the ball is **passed**. May be waved by losing coach.
- All spectators must be on the opposite side from the teams.
- Jersey color conflict: home team will wear pinnies
- Illegal uniforms (no numbers on both sides): FP at draw
- Goalies must wear a helmet, separate throat protector, chin strap, chest protector (wearing the same color jersey as team OVER it), abdominal & pelvic protection, GK gloves, and leg padding on the shins & thighs, and a mouthpiece.
- No jewelry of any kind including newly pierced ears.
- No Deputy (Field player in goal circle)
- Mouthguards (no white/clear/teeth graphics) and ASTM eye wear are mandatory (except 6U). Optional soft head gear must be ASTM certified.
- Home team will provide air horn & timer/scorekeeper, who will **STAY** at the table. Scorekeeper will notify officials when there is a 4 goal differential.
- Coaches notify program director if anyone is ejected.