



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2019 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!

Revised 1/26/19

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

6U & 8U

- No checking
- Use regulation NOCSAE 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 crosse, 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
- 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

- 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

14U

- Sphere increases to 12 inches
- Transitional Checking
- No 3 Sec. Closely Guarded/Position to Check

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.**

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)
- **Possession on the Draw:** up to 3 players between the restraining line until possession. Players below the RL can reach over the RL as long as feet are not touching or over RL.
- **Modified Checking:** entire stick below shoulder; down & away
- **Transitional Checking:** not across body (not even 1 step in front), outside 12 in. sphere; may be above shoulder
- **Penalty Zone-** 8m to dots below Goal Line Extended
- **Cards:** yellow- 2 min; sub takes place on (6U,8U,10U); no sub (12U,14U); **red card: 4 min. player out rest of the game + next game**

ALL DIVISIONS

- **Self Start; Penalty Zone cleared on 8m hash Free Positions**
- **No more than 3 coaches in the coaching area.**
- 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**)/ ASTM eye wear are mandatory. Soft headgear (optional) must be ASTM.
- 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.