



2018 FGLL RULES:

U8- 1/2 Grade

Updated – January 5, 2018

PRE-GAME COACHES & UMPIRE MEETING

Coaches and officials meet to establish grade level, point out any unique field characteristics, specify a clock operator, highlight the importance of the "Offensive 3-second rule", and remind the official that ALL Founders League games consist of two 25-minute halves – regardless of grade division.

FIELD SETUP:

- 60x40 yards. Corners marked with cones; portable goal circles around the 4'x4' goals. 8-meter arcs ARE NOT defined at this level. Shooting targets are used.

NUMBER OF PLAYERS:

- 7 field players - NO GOALIE - 2 players remain behind midfield. Coaches assist with off sides.

COACHES:

- One coach per team is allowed on the field during play.
- No more than 3 coaches per team allowed on the sideline.
- One timeout per game; may not be taken during last 2 minutes of half/game. Clock stops during timeout.

EQUIPMENT:

- Boys lacrosse sticks not allowed.
- US Lacrosse-approved eye-protection required
- Mouth guards required – mouth guards with "white teeth" graphics not allowed.
- Close fitting gloves and US Lacrosse-approved headgear are permitted; no hard helmets (goalie helmets) may be worn except by the goalie.
- No jewelry is allowed on the field. Use of eye black is regulated – no "face paint" with eye black.

PLAY:

No checking.

- No covering the ball at any time.
- When a shot is blocked by the shot blocker and ends up in the crease, a defender picks up the ball and continues play.



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- More than 2 players MAY contest a ground ball.
- Players MAY NOT kick the ball.
- **3-Pass Rule:** The pass count resets only when the ball crosses midfield. After any shot, rebound, or a loss of possession, if the ball is recovered before it is brought back over midfield, that team retains any accumulated pass count. Umpires are responsible for audibly counting competed passes.
- **Offensive 3 Seconds:** Holding the ball for more than 3 seconds when closely guarded/checked and the defense has both hands on her stick and is in position to legally check were checking allowed results in a change of possession.
- Players must play girl-to-girl defense. Double-team is allowed. Triple-team is not.
- Goal Circle Violation: If any part of the player's body or stick crosses the goal circle, goal does not count.
- Yellow card: a player is substituted for the player who committed the foul so the team does not play shorthanded.

SCORING:

- No scoreboards allowed, but coaches should keep the score.
- Coaches discretely make adjustments in the event of lopsided play.
- Draws only to start game and second half. Possession is alternated after each goal at midfield.

AFTER THE GAME:

- Alert your Program Director of any issues with officials, parents, coaches or players.
- Record the game score at: FGLL.ORG

UMPIRE FEES (1/2 GRADE) Home team pays all fees.

Adult: \$50	Junior: \$40	2 Juniors: \$30 ea.
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ZERO TOLERANCE

FGLL has zero tolerance for misconduct of players, coaches or spectators. Misconduct is any action by an individual that interferes with the safety or sportsmanship of the game. A team follower's misconduct may result in a yellow or red card assessed to the coach. Penalties assessed for misconduct must be reported to the FGLL Competition Committee via an [incident report](#)

QUESTIONS? Contact Paul Griffin, FGLL Director, thegriffins@earthlink.net