



# **Girls 2017 Youth Rules Fall 2016 Preview**

**This synopsis is meant to capture the basic format and logistics of the new girls' youth rules that will be published for the 2017 season. Many of the details, specific fouls and penalty administration language are not included in this presentation. This preview is for the purpose of allowing clubs and league to better plan for team and field use for the spring seasons. It is not meant to suffice as a complete rule set but is an overview for planning purposes.**

**If there are questions or concerns, please contact Caitlin Kelley at [ckelley@uslacrosse.org](mailto:ckelley@uslacrosse.org).**

# Foundation of the new Youth Rules

● **Why** – players dropping out of youth sports.  
Barriers to development.

● **Intent** – Let's make the game more fun, more accessible and age appropriate.

● **LADM** - Smaller Games, More touches on the ball, developing MORE LAX players.

**Age Segmentation Policy** - age is the best indicator for determining how to group children due to physical and cognitive development.

# USL Rules Process



Education and Training Department developed LADM guidelines for practice and competition, in concert with other NGBs, behavioral experts & USOC.



Rules Task Group with Youth Subcommittee volunteers and other rule and youth stakeholders modified existing youth rules based on the LADM recommendations.



8 person Rules Subcommittee comprised of coaches and officials reviewed the task group's rule set proposal. After revision and approval by that group, it is then reviewed and voted on by the WGC and then by the Board of Directors.

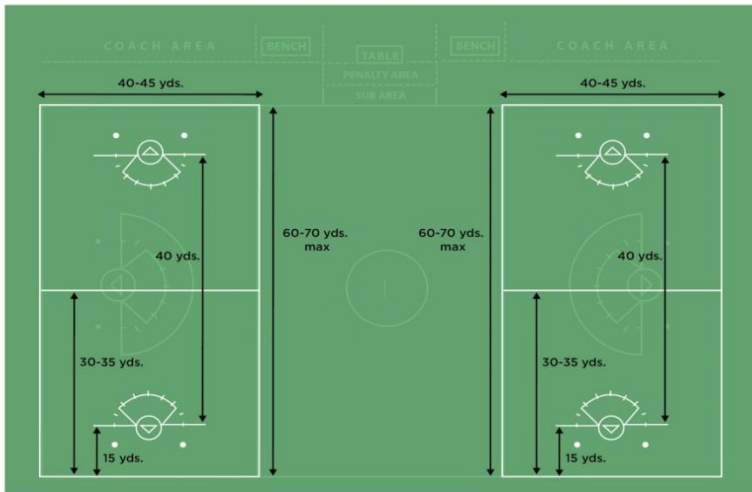
# Field Sizes

Age	2016	2017
6U		<b>60-70 x 35-45</b>
U9 / 8U	60-70 x 30-40	60-70 x 35-45
U11/10U	60-70 x 30-40	60-70 x 35-45
U13/12U	60-70 x 110-140	<b>60-70 x 35-45 for 8v8</b> OR 60-70 x 110-140
U15/14U	60-70 x 110-140	60-70 x 110-140

# Field Diagrams

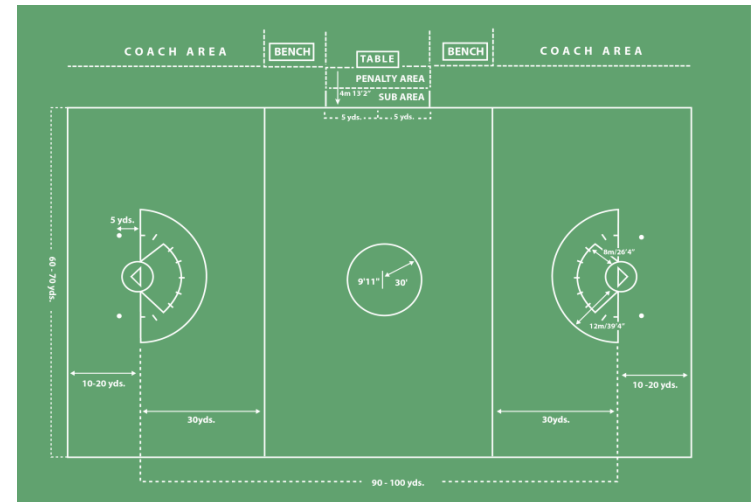
## 6U – 12U

Sideline to Sideline :  
2 fields in 1



## 12U-14U

Traditional Field Size



# Players

Age	2016	2017
6U		3v3 no goalie (cross field)
U9 / 8U	7v7 includes goalie	4v4 no goalie (cross field)
U11/10U	7v7 includes goalie	8v8 includes goalie (cross field)
U13/12U	12v12 includes goalie	8v8 (cross field) OR 12v12 includes goalie (full field)
U15/14U	12v12 includes goalie	12v12 includes goalie (full field)

# Required Equipment

Age	2016	2017
6U		Sticks, mouthgard and soft ball. <b>No eyewear is required.</b>
U9 / 8U	Sticks, mouthgard, eyewear and may use soft ball	Sticks, mouthgard, eyewear and soft ball
U11/10U	Sticks, mouthgard, eyewear and may use soft ball	Sticks, eyewear, mouthgard, <b>NOCSAE Ball</b>
U13/12U	Sticks, eyewear, mouthgard, NOCSAE Ball	Sticks, eyewear, mouthgard, NOCSAE Ball
U15/14U	Sticks, eyewear, mouthgard, NOCSAE Ball	Sticks, eyewear, mouthgard, NOCSAE Ball



# Fouls

Age	2016	2017
6U		For major fouls, player leaves field for a brief time period, no time serving cards and the team does NOT play short.
U9 / 8U	Time serving Cards, team plays down	For major fouls, player leaves field for a brief time period, no time serving cards and the team does NOT play short.
U11/10U	Time serving Cards, team plays down	Time serving Cards, team does <b><u>not</u></b> play short
U13/12U	Time serving Cards, team plays down	Time serving Cards, team plays down
U15/14U	Time serving Cards, team plays down	Time serving Cards, team plays down

## 6U What does the Game look like

- 3v3 and NO goalies
- Smaller sticks and softer balls
- No Draw/ players line up in their end
- Coaches on the field to help players and 'officiate'
- No score is kept
- After goal, defense is given ball for a clear
- Must play 1 v1 defense

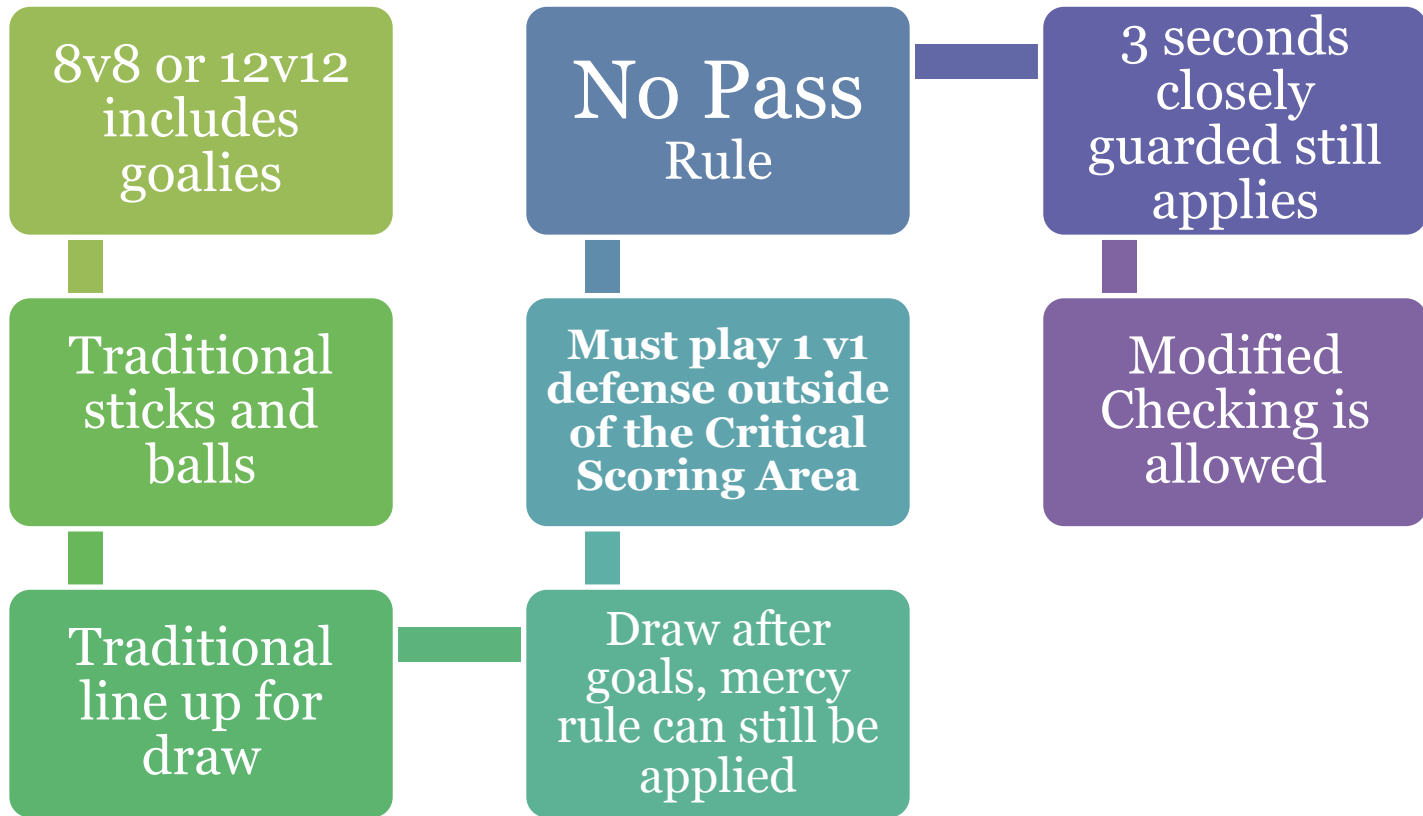
## 8U What does the Game look like

- 4v4 and NO goalies
- Smaller sticks, softer balls – EYEWEAR required
- No Draw/ players line up in their own end
- Coaches on the field to help players
- No score is kept
- After goal, defense is given ball for a clear
- Must play 1 v 1 defense

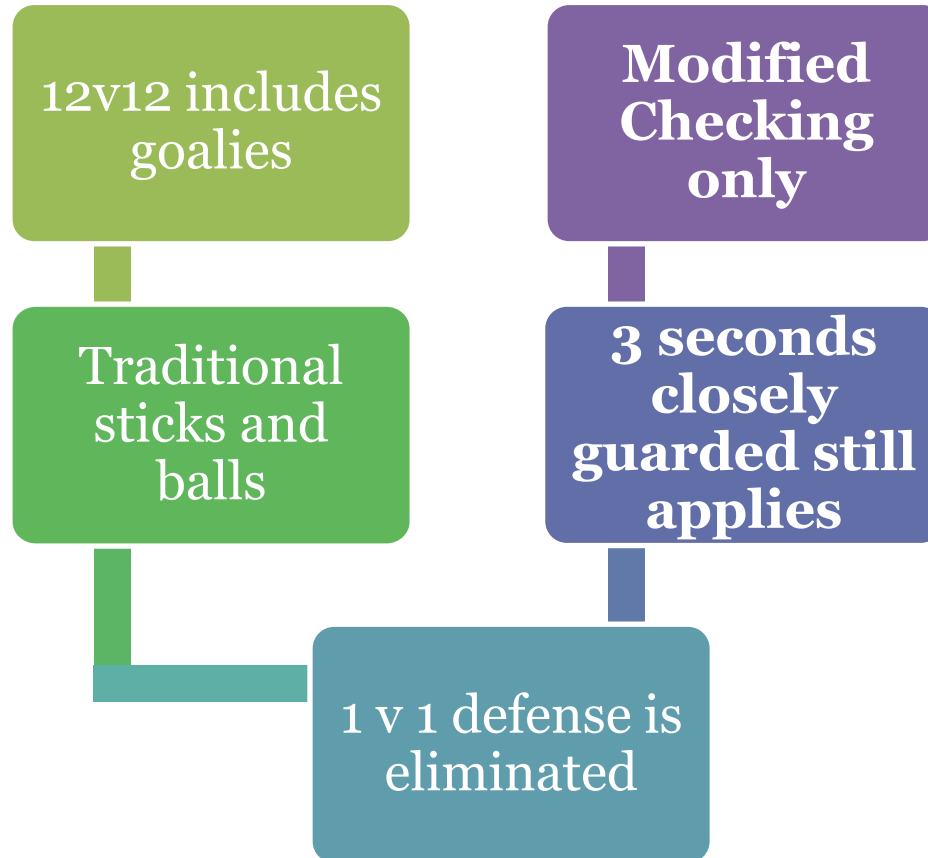
# 10U What does the Game look like



# 12U What does the Game look like



# 14U What does the Game look like



# Adoption & Transition



Learn the Rules – there will be videos for each age set available from USL.



Rules will be accessible on line and in print.



Empower your Coaches, Parents and Officials – this is GREAT opportunity to learn in small-sided games.



Finally REMEMBER ADM begins at practice – there are practice plans available through Coaching Education.