

2019 USL Official Rules modified for CONNY 12U JUNIOR DIVISION Girls' Youth Lacrosse

Link to 2019 US Lacrosse Youth Girls' Rules

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2019-girls-youth-rulebook.pdf>

NO JEWELRY of any kind is to be worn, TAPE OVER EARRINGS IS NOT ALLOWED.

12U JUNIOR GIRLS' GAME FORMAT SUMMARY

- 12v12 (full field) includes goalies
- Required lines: Center circle, restraining & goal lines, 8M arc & 12M fan
- Regulation pocket and length stick.
- Time factors:
 - 25 minute halves with running time except for stop clock on every whistle in last 2 minutes of each half, 5 minute half-time.
 - Two 2 minute timeouts per game, taken anytime throughout the game
- No overtime.
- No 8 meter shots will be allowed after time expires.
- At least one adult and one junior official required.
- Home team keeps time and official book.

NEW RULE FOR 2019:

New Cleared Area for 8 Meter Shots - All players and sticks must be 8 meters away from the goal circle above goal line extended and the area created by the extension of the 8-meter mark to the dots and across the dots.

12U JUNIOR GIRLS' RULES OVERVIEW n

Modified Checking: Modified checking is allowed (below the shoulder). Checks to the head are an automatic yellow card. Because there is NO FULL CHECKING, 3 seconds closely guarded applies.

Draw: A draw is administered to start each period and to restart play after a goal. NOTE: If a team is winning by 4 or more goals, the the losing team has the option to take possession instead of having a draw. Traditional line up for draw. Three pairs of players on the draw circle and the rest of the players hold behind restraining lines after draw until possession is obtained. Players outside the draw circle and near the restraining may ground their stick.

Substitutions: Substitutions for 12U is the same as normal girls rules substitutions.

- Substitutions are through a box, which is defined as cones spaced 10 yards apart on the sideline between the team benches.
- There is NO substituting on a dead ball whistle; only after goals and during live play.
- On the fly substitutions are legal as long as the substituting player stays off the field within the sub box until the subbed player is completely off the field.

Sphere: Players must keep stick away from opponent's sphere or "bubble" which is an imaginary area, approximately 7 inches surrounding a player's head. No sticks are allowed to break the sphere.

Shooting Safely: Players are responsible for not shooting or following through into other field players, as well as and for not shooting hard from short distance at the goalie's head, neck, or into her body.

Shooting Space: Players who are not closely guarding an opponent are not allowed in shooting space. This is a triangle shaped area from the ball to the outsides of the crease. If marking someone closely (within a stick length), the player can be in and can run through the shooting space, except when marking the player behind the goal. As soon as a player enters shooting space or turns away from their mark to play the ball carrier they are in shooting space.

Kicking the ball: Players are allowed to kick the ball within legal guidelines found in USL rulebook, ie not into the goal or dangerously into another player.

3 Seconds Closely Guarded (Offense): Player with the ball may not hold the ball for more than 3 seconds when:

- closely guarded by the defender, i.e. a defender stays within a stick's length
- the defense has both hands on her stick
- the defense is in a position to legally check if checking were allowed. (Minor Foul)

Note: If the player with the ball moves her stick to where the stick is not legally checkable, i.e. behind her body, the 3-second count ends. If the defender adjusts her position to where she can make a legal check. the stick is brought back to a checkable position or another teammate joins the defender and that second defender is in good position to check, then the count starts again. The official will give an audible and visible 3-second count. The count should follow this sequence: "One thousand - 1, One thousand - 2, One thousand - tweet." The foul is committed when the official blows the whistle or says "3".