***Proposed* CONNY 2020 Girls’ Youth Lacrosse Rules**

**Link to Youth Rules by US Lacrosse:** <https://www.uslacrosse.org/sites/default/files/public/documents/rules/YouthRulebook-Girls2020_final-spreads.pdf>

**Note: CONNY will abide by US Lacrosse rules except for defined deviations as mentioned below outlined in yellow.**

**NOTABLE RULE CHANGES FOR 2020**

**a. Allowance for free movement on a whistle or a stoppage of play at all levels of youth play**

b. At the 12U and 14U levels, self-start when self-start is not an option is a false start and a change of possession.

c. Inclusion of the neck area in the penalty for check to the head.

**10U (CONNY LIGHTNING DIVISION)**

* Players: 8v8 including a goalie
* Field Size: 60-70 yards x 35-45 yards (cross field)
* Equipment: NOCSAE lacrosse ball; USL specifications for sticks with modified pocket allowed; eyewear required
* Goal Size: 6’x6’ or 4’x4’ are preferred.
* Play of Game: A draw is used to start play and after each goal. A mercy rule can be applied.

**12U (CONNY JUNIOR DIVISION)**

* Players: 8v8 or 12v12, depending on size of field used
* Field Size: 60-70 yards x 35-45 yards (cross field) or 110-140 yards x 60-70 yards
* Equipment: NOCSAE lacrosse ball; USL specifications for sticks and pockets; eyewear required • Goal Size: 6’x6’
* Play of Game: A draw is used to start play and after each goal. A mercy rule can be applied and modified checking is allowed.
* Modified Checking is allowed

**14U (CONNY SENIOR DIVISION)**

* Players: 12v12 includes goalies
* Field Size: 110-140 yards x 60-70 yards
* Equipment: Traditional sticks and balls
* Play of Game: A draw is used to start play and after each goal. A mercy rule can be applied.
* Transitional checking is allowed for Senior Division teams. 12” sphere around the head & neck area.
* Any check to the head is a Mandatory RED card. Penalty (one man down) for FOUR minutes and player cannot return to the game.

2020 CONNY DEVIATIONS FROM US LACROSSE YOUTH RULES

Allotted TIME OUTS:

Lightning, Junior and Senior Divisions: 2 time outs per game per team to be used at ANY time.

TIMING of Games:

Lightning: 25 min halves, 10 min halftime

Junior Division: Game time 25 min halves, 5 min halftime

Senior Division: Game time 25 min halves, 5 min halftime

OFFICIALS per Game:

Lightning: One adult official or two junior officials are required per 8v8 game.

Junior Division: At least one adult and one junior official required.

Senior Division: Transitional Checking Games will require 2 high school rated officials. If certified refs are not available, the game will be played under modified checking rules. NO junior ref is permitted to referee a Transitional Checking game. Modified checking Senior level games must have a minimum of one adult and one junior official but it is highly recommended to have two adult officials on all

Senior level games.

3 PASS RULE (Lightning Division):  
Team must attempt at least 3 passes before taking a shot on goal with at least two over the midfield line. Incomplete passes count as pass attempts. Only one

of the three pass attempts may be made behind the net. The pass attempt count restarts on a change of possession, EXCEPT when the offensive team recovers the ball in their offensive half. This encourages the re-defend.