

MODIFIED GIRLS' LACROSSE REMINDERS – U14

REGULAR LACROSSE RULES APPLY, WITH THESE MODIFICATIONS.

TRANSITIONAL CHECKING – An attempt to dislodge the ball from an opponent's crosse in which the checking movement is down and away from the body and outside a 12 inch sphere surrounding the head is allowable. The checking motion may not reach across an opponent's body. Any check into the sphere constitutes an illegal check. Checks to the head and a slash are mandatory cards.

DEPUTY – No deputy is allowed in the goal circle, at any time. (Major Foul)

DRAW – Possession will be taken by the team that is down by 4 or more goals, unless waived by the coach of the trailing team. The ball must be **passed** prior to an attempted shot on goal. Checking the ball carriers stick does not constitute the ball being played.

GOALKEEPER – If there is only one goalkeeper available, she may play in all periods of an extended game. If the goalie gets a yellow card, she may remain in the game but a field player must serve the penalty time. The goalkeeper **MUST** wear a helmet with a face mask with a properly secured chin strap, a separate throat protector, a chest protector, abdominal and pelvic protection, padded gloves, shin, and thigh padding as well as a mouthpiece.

INDIRECT - No shot may be taken on goal until the player with the ball **passes** the ball to another player. Checking the ball carriers stick does not constitute the ball being played.

OFFICIALS – USL **recommends** the use of two certified officials.

SELF-START – Will be used on the Middle School level.

SHOOTING – The shooter's stick may not follow through into the goal circle.

TIME OUTS – Teams will have two time outs per game.

TIMING – Two 25 minute halves, or four 12 and a half minute quarters, or four extended quarters of 15 minutes each (16 or more player required), or 5 quarters of 12 and a half minutes (24 or more players). It is a running clock. The clock should run for the entire designated time, only stopping for injuries, team time outs, player cards, or stop time at the end of the halves or quarters. If you play 4

quarters it is a stop time in the final minute of each quarter. In a 5 period game it is stop time in the final minute of each quarter. In halves it is stop time in the final 2 minutes of the each half. Exception: the clock continues to run during this time if there is a 10 goal differential. Time may run out on an 8 meter free position when the clock is running. There is no overtime played on the modified level.