



2019 SPRING SEASON **RULES and COACHING ETIQUETTE**

The rules committee has prepared the following Coaching Etiquette Guidelines and Rules for all Divisions K -8th Grade keeping in mind three important criteria:

SAFETY OF THE PLAYERS **WE ARE AN INSTRUCTIONAL LEAGUE** **THE EVOLUTION AND GROWTH OF THE GAME**

The rules dictated by US Lacrosse are the basis for our rules and we have modified this standard to meet our objective. We recommend that all Town Coordinators and Coaches obtain a copy of the US Lacrosse Rules www.uslacrosse.org. All referees have been given copies of these modified rules; however, **it is the responsibility of the "home" team to have a copy at each game** in the event they need to be referred to. It is the responsibility of the Town Coordinator to make sure that all coaches receive a copy of the rules prior to the start of the spring season.

Coaching Etiquette

-The score is not important. Games are played to give the girls field experience and to develop skills they will use later when playing competitive interscholastic lacrosse. We have done our best to have teams of equal ability play each other. In the event that one team is dominating with a 5 goal differential there will be no draw and the lower scoring team will take possession at the mid-field line. Grades 5-8 can decline possession if the coach would prefer to continue the draw. In the event that opponents are unequally matched, we request that the winning coach consider thoughtful ways to even the playing field (i.e.: moving better players to the defensive side of the field, having your players work on their non-dominant hand skills, etc.)

-A coach is responsible for more than play on the field. They must keep control over both sides of the field; bench players as well as spectators. Coaches are responsible for setting a positive example of good sportsmanship by always displaying respect for the referee and the opposing team. Determination of poor sportsmanship on or off the field is at the referee's discretion. The referees have the option to issue "purple cards" as a warning to any coach, player or spectator who has neglected their responsibilities in accordance with the US Lacrosse Purple Card Program. Continued poor sportsmanship may lead to ejection of the coach from the field and/or forfeiture of the game. Referees are instructed to leave the field in the event they feel it necessary. Coaches must respect the opposing team's bench area (both team's players and coaches shall be on the same side of the field and spectators on the opposite side.) A Grievance form can be filled out and submitted should a problem arise. If three individual complaints are received, the subject will be taken up by the Disciplinary Board which may result in expulsion from the league. It is also the responsibility of the coaches to insure all equipment is in good and legal condition. Each team can have a maximum of three (3) coaches on the sideline during a game and they must stay on their half and off of the field during play.

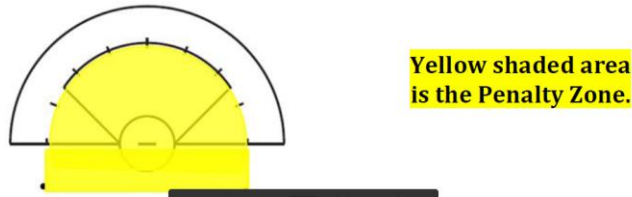
-The referee is human. They are also trained in the rules of the sport. All referees are NYSPHSAA Section XI qualified. Referees may occasionally make a bad call or not notice something happening on the field that you see. Many times there is no important consequence. What is important is the referee's continued priority remain the same - the safety of the girls

comes first. We have instructed the officials that we prefer a "quick whistle" on safety calls. We have also requested that when play is stopped for a "safety" call, they instruct the players on the field by explaining the reason for the whistle.

-Pre-game requirements: Both team's coaches and the referee(s) shall meet prior to the game to review the specified rules and finalize payment. The referee will confirm which Grade is about to play.

"General Rules" ***APPLICABLE TO ALL GRADES***

- Yellow/Red Card – Substitution for all grades excluding 6th-8th. Grades 6-8th will be required to play "Girl Down" with a 2 minute un-releasable penalty. Red Cards will be relayed to the SCGL Board.
- Each team is allowed one time-out per half.
 - Grades 2nd – 4th - Time-outs can only be called after a goal by either team.
 - Grades 5th – 8th – Time-outs can be called with possession or after a goal.
- Cones are required to mark out all field corners.
- All players must play a minimum of ½ of the game.
- Colored mouth guards are mandatory. No clear mouth guards allowed.
- The Penalty Zone is the area 8 meters away from the Goal Circle above GLE (including the entire 8m arc, and both "pie" areas) and the area created by the extension of the 8m marks (on the GLE) to the dots and between the dots.



It is the Suffolk County Girls Lacrosse Rules Committee's objective to progress the younger players up to the "full" game as quickly as possible while still preserving the instructional atmosphere for all grade levels

Modified US Lacrosse Rules for the 2019 Spring Season Grades K-1:

K-1 Clinic

- First 40 minutes to be a skills clinic coordinated by host town for ALL teams attending
- 2-Games (15-20 minutes each) with a 5 minute break between games for water and/or switching teams
- One (1) coach from each team may be on the field during games
- 7 field players from each team on the field, NO GOALIE
- 2 passes must be attempted w/o a change in possession before shooting on goal. Passes do not need to be caught.
- K and 1st Grade ONLY. No older players regardless of skill level.
- Only host team pays for referees and/or assistants

All Other Divisions (2nd thru 8th)

A Section XI referee(s) will be **assigned** to each game and each team will pay their portion of the fee.

Field Dimensions: Preferred size is 50 to 60 meters between goals for 2nd-4th Grade. All others Grades - 90 to 100 meters between goals is acceptable if a smaller field is not available. Fields must be lined with mid-field and restraining lines and all standard arc and crease lines. Restraining lines must be clearly distinguishable. (Cones shall not be used.) Visible guidelines to indicate boundaries must be placed on the field. Boundaries must be at least 4m from a change of surface, fence or obstacle. End guidelines must be placed parallel with and directly opposite each end point of the 12m fan and no less than 7m behind the goal line. Hard boundaries will be in effect. Large fields can be reduced by narrowing the width (e.g. Cones) and/or bringing in the cages (e.g. portable crease, cones, etc.) Officials will be advised to work under these

conditions. The team that last touched a ball before going out of bounds will lose possession unless the referee determines that a shot was attempted. If a shot was attempted then the team closest to the boundary line where the shot left the playing field will be awarded possession.

Equipment: NOCSAE approved yellow "hard" rubber ball is to be used. Mouthpieces and ASTM approved eye goggles are mandatory for all players. Player's sticks shall be no shorter than 32" and the pocket can be deep enough so that ½ of the ball is visible below the sidewall of the stick. (Coaches are urged to reduce the pocket depth as soon as the player's skills improve.)

Helmets – Continue to be optional. All headgear must meet ASTM standard, F3137, Products must provide full coverage of the head, and must be worn with required ASTM women's lacrosse eyewear. There must be markings on the product that states the headgear conforms to the standard. At this time only the Cascade and Hummingbird Helmets meet this standard.

Players on Field:

- 2nd and 3rd Grades – 8v8. Two (2) field players from each team must remain behind the restraining line at all times. Goalies are optional but strongly encouraged.
- 4th Grade – 10v10. Three (3) field players from each team must remain behind the restraining line at all times.
- 5th Grade and up – 12v12. Four (4) field players from each team must remain behind the restraining line at all times.

Duration of Game:

- 2nd – 4th Grade – Four - 12 minute quarters with a 5 minute break at halftime.
- 5th – 6th Grade – Two – 25 minute halves with a 5 minute break at halftime.
- 7th – 8th Grade – Two – 20 minute halves with a 5 minute break at halftime.

Regarding the Draw:

- Only three (3) players from each team are allowed on the draw circle, all other players must remain below the restraining line until released.

Scoring: Passes must terminate in the offensive restraining area. Flip Passes are NOT allowed. The goalie's clearing pass is not included whether inside or outside the goal circle. The referee will determine if a pass is to be counted and he/she will keep track of the number of passes and advise the players when a shot may be taken on goal. If the ball is dropped after the required passes are made, but recovered the team may continue to "go to goal". No player should score more than (3) goals per half. The high scoring player may play but they should be told not to shoot on net.

- **2nd Grade** - Two attempted passes
- **3rd – 4th Grade** – One Attempted, One Completed (the 2nd must be completed)
- **5th Grade** – One COMPLETED pass in the offensive restraining area
- **6th Grade and Above** – May "go to goal"

Shooting: The Dangerous Shot foul has been eliminated. Dangerous Propelling is sufficient to address the safety concerns with shooting. A shot after time expires will count as a legal shot if the ball was released prior to time expiring.

Substitutions: Substitutions can be made following a goal, during a timeout (excluding the ball carrier) or "on-the-fly" if, both players enter/exit the field within the designated substitution box area of 18 feet at the midfield line in front of the scorer's table. The player coming off the field must exit before the player coming on the field enters. (This includes the goalkeeper.) See USL rule 9 for clarification. There are NO SUBSTITUTIONS on a dead ball.

Checking: The stick shall not be used to intimidate another player. Waving or "fanning" the stick at or near another player will result in loss of possession.

- **2nd – 4th Grade** - Stick checking is not allowed under any circumstance.
- **5th - 8th Grade** – Modified checking is allowed. Stick checking is allowed as follows: Only the ball carrier can be stick checked and the entire stick must be below the shoulder. All stick checks must be away from the body and in a downward motion. The checking stick must retract (short/choppy motion).

Double/Triple Teaming: Please place an emphasis on 1 on 1 playing, however double teaming is allowed.

- **2nd- 3rd Grade** – Double teaming is only allowed in the "offensive restraining area"

- **4th Grade** – Double teaming is allowed anywhere on the field, triple teaming is not allowed
- **5th Grade and Above** – Double Teaming is allowed anywhere on the field, triple teaming in the 8m arc is allowed. The referee will warn players outside of the arc.

Penalties: All penalties called by the referee shall result in an “indirect” situation when play resumes unless a defensive foul occurred within the Penalty Area after the pass requirements have been met. If a defensive foul takes place within the 8 meter arc after the pass requirement a “direct” call shall be made.

- **Self-Start (5th Grade and up)** – The Offending Player must be 4m behind the Ball Carrier, who must restart from a settled stance (both feet stationary, with the ball positioned in the head of the crosse). All other US Lacrosse guidelines apply to the Self Start. **Out of Bounds** – The Player must come back to a settled stance once inbound.
- Alternate possession will continue.

Goalies:

- Goalies need to learn how to clear the ball
- The Goal Keeper has as 10 second possession allowance within the crease circle. Possession will be awarded to the opposing team after 10 seconds.
- No “deputy” allowed, only the goalie will be allowed to possess the ball inside the crease.
- Goalies must remove helmets prior to each game
- All goalies must have: Helmets with additional throat guards (extended masks are NOT acceptable), Chest protectors, padded gloves, arm pads, padded goalie pants with thigh protection and shin guards. ***Goalies in Grades 7 or 8 may wear field hockey leg padding that is less than 1” thick.***
- **2nd Grade** – Goalie’s clearing pass from WITHIN the crease is a “free pass”. After a goalie save, the referee will instruct the opposing team to “back-off” defensive players to allow a single clearing pass from the goalie.
- **3rd Grade** - Goalie's clearing pass is a “free pass” below GLE. If Goalie ventures beyond the 12 meter fan and then loses possession, opposing team may shoot without making the required passes. If Goalie loses possession within the fan area, then opposing team must meet the pass requirement.
- **4th Grade and Above** – No “free pass”

The Three Second Rule: If any ball carrier is covered by a defensive player and is in a "checkable" position for a period of 3 seconds, possession will revert to the defensive player. The offensive player does not have to be standing still for the count to start. The defensive player must have 2 hands on the stick in order to be considered in a "checking" position. ***For Grades 2nd – 4th, a "slow" 3 second count will apply.***

Yellow Card Penalties: See General Rules regarding playing “Girl Down”

- Two yellow cards issued to an individual player will result in an ejection from the game

Red Card Penalties: Results in an immediate "*ejection*" from the game. Any player or coach receiving a “Red” card will be prohibited from participating in the team's next game as well. Coaches shall notify their coordinators when a player or coach receives a Red card. The town coordinator will email the SCGL President/Secretary with the following information: Player Name, Town, Grade, Reason, etc.