

Gumball Rally  
Girls Tournament Format & Rules

**FORMAT:**

1. 17 Minute Running Games, no time outs
2. Time is kept on the Central Scoreboard
3. Air horn will sound to start and stop games.
4. 3 (three) minutes in between games - Have your teams ready to go!
5. HAVE FUN!

**EQUIPMENT:** All Players must have an approved stick, goggles and mouth guard at all times. Goalies need all US Lacrosse Mandated Equipment.

**COACHES:** One coach per team should check in at the Registration Table beginning at 5:00pm to get their schedule, rules and all other items. . All waivers are to be submitted online before stepping foot onto the fields.

**UNSPORTSMANLIKE CONDUCT:** Unsportsmanlike conduct will not be tolerated. Special attention will be given by officials and coaches of unsportsmanlike conduct by a player(s), coach(es) or spectator(s) either on the field or on the sideline. League or Game Officials may ask the offender to leave the game or premises.

**GENERAL RULES:**

Please refer to your US Lacrosse Women's Rule Book, US Lacrosse Youth Rule book, and the <http://www.USA Lacrosse.org> website for more information and rule clarifications. All lacrosse umpire whistles and directions must be followed during game play to ensure game flow and safety of the players.

**GIRLS 3rd/4th Grade: (7v7, goalies optional)**

1. **Two (2) Pass Rule:** Before being allowed to shoot on goal, a team must attempt two consecutive passes without a change of possession. Dropped balls count as an attempt, if there is no change of possession.
2. **Three (3) second "good defense" rule:** If a defender can hold good defensive positioning with her stick shadowing the opposing player on the side where the ball is being carried for 3 seconds she will be awarded the ball. This is to compensate for no stick checking at this level. Referees must call this audibly.
3. **Shooting Space:** Players may not stand in front of the goal if they are not marking a player as this is called shooting space and a player could be injured if a shot is taken.
4. **Restraining Line:** 2 players from each team must stay behind the restraining line/center line when the team is on attack or defense.
5. **Shot blockers** will be set up when there is not a goalie.
6. **US Lacrosse Substitution rules** apply. Substitutions may be made on the fly (once the player exiting the field has crossed the sideline the new player may enter), but NOT during a stoppage in play, and after a goal. All players must stand when the whistle is blown even if they are in the process of exiting or entering the field.

**GIRLS 5th/6th Grade (12v12, US Lacrosse level C/B)**

1. **Modified checking** (checking permitted when sticks are entirely below the shoulder).
2. Three (3) second **"good defense"** rule applies (see above).
3. **Restraining Line:** 4 players from each team must be behind the restraining line when a team is on attack or defense.
4. **US Lacrosse Substitution rules** apply. Substitutions may be made on the fly (once the player exiting the field has crossed the sideline the new player may enter), but NOT during a stoppage in play, and after a goal. All players must stand when the whistle is blown even if they are in the process of exiting or entering the field.