



# LIGHTNING GIRLS PLAYDAY 2019 RULES

Saturday, May 11, 2019  
West Windsor Community Park  
West Windsor, NJ 08550  
8:30 AM - 6 PM

[www.lightninglacrosse.org](http://www.lightninglacrosse.org)

## 2019 Lightning Lacrosse Girls Playday Rules

**This is a Playday, not a tournament.** Let's have a great time and honor the game by showing respect for opponents, umpires, fans and players. All players and coaches must abide by US Lacrosse rules with some exceptions/modifications. *This is NOT a JGLA event. No Rules Cards, proof of Certification, etc. is required.*

### Number of Players

5/6 and 7/8 games will be played on full fields, 12 v. 12. 3/4 games will be played on modified fields, 7 v 7. If both 3/4 teams have agreed to play with goalies 3/4 games will be played with 7 field players and goalies. The 3/4 schedule will be marked as "GG" (Goalie Games) where both teams have agreed to play with keepers. It's possible due to injury or illness a 3/4 team that had agreed to play with a goalie may not be able to put a goalie on the field. Please be flexible. If the other team does not have a goalie available to play, invert the cages and play without keepers.

**Game Length, All Age Groups** — 22 minute running time games. Please have your girls at their assigned field at least 10 minutes before each game. Most teams will have a break between games if they have to change fields. If you must change fields please move very, very quickly to your next field. Only 3 minutes in between games this year so please move quickly.

**Central Horn** — All games will start and end with a single blast of a central horn.

**No time outs permitted.** The game clock continues to run during stoppage of play for any reason. In the instance of an injury the injured player must be escorted from the playing field soon as it is safe to do so.

### We Will Play with US Lacrosse Rules with Modifications

7/8 games between teams that meet all USL requirements for full checking, games may play with full checking. If one or both of the teams in a 7/8 game is not qualified or is unwilling to play full checking the game will be played with modified checking. Both coaches and the umpires should be in agreement on full checking or modified checking before the start of each 7/8 game.

5/6 games will be played with modified checking.

3/4 games will be played with no checking.

### Passing Rules

No passing rule at 5/6 or 7/8. 3/4s will play with a two pass rule. Pass attempts will count as passes.

### 4 Goal Differentials

Teams at all levels are discouraged from running up scores. At Lightning Playday the four goal differential rule will apply to all games at all levels whereby the team trailing by four goals has the option of taking possession at midfield in lieu of a draw. Goal differentials should never be greater than 10 goals. Before hitting a 10 goal differential the dominant team should add additional passes before going to goal or have players play with their non-dominant hand.

### Three (3) Seconds Closely Guarded:

Since full checking is not allowed at some levels in the following compensating rule is to be followed to reward good defense... No holding the ball for more than 3 seconds when:

- Closely guarded / marked (defender is within a stick's length of offensive player)
- Defense has BOTH hands on stick
- Defense is in position to **legally** check were checking allowed

**Count is out loud, "1 thousand, 2 thousand, 3 whistle"**



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## 3/4 SPECIFICS

No self start at 3/4.

7 v 7 field players. If both teams have goalies it becomes 8 v 8. Goalies may only be used if both teams have goalies.

2 players must stay behind the midfield (restraining line)

5 field players are allowed below the restraining line.

Two pass rule - two passes before shooting on goal. Pass attempts count as passes.

No checking. 3 seconds good defense will be enforced.

**Game starts with a draw. After a goal the team scored upon will take the ball to the start and begin with a free possession with opposing team 4 m away on an angle WILL BE INDIRECT.**

If no goalies a dead ball in the goal circle will be awarded to the nearest defender along goal line extended for a restart.

If no goalies please invert cages.

Carded player leaves field for 2 minutes Yellow or 4 minutes Red. **A substitute must take her place.**

Contested ground balls by more than 2 players becomes an alternate possession.

Players are not permitted to cover under any circumstances.

1 v 1 defense enforced midfield, but not within the critical scoring area.

Substitution may occur at any time.