



Girls Divisions Rules (3rd grade – 8th Grade and High School)

We will follow US Lacrosse Rules, unless modified herein.

Field Format

- 4th grade – High School Girls will play 7v7 Format on a modified field size.
 - 7 players from each team on playing field (2 Attack, 2 Midfield, 2 Defense, 1 goalie).
- 2nd and 3rd grade teams will play 4v4 Format on a modified field size.
 - 4 players from each team on playing field (1 A, 2 midfield, 1 D, NO GOALIES) b
- On-sides rules still apply for 7v7 (2 offensive players on offensive end of field. 3 defensive players (including goalie) on defensive end of field.
- No offsides for 2nd/3rd grade 4v4
- Attack and defense from both teams must be behind the goal line extended during the drawcontrol until possession is gained.
- Draw-control will begin 1st and 2nd half only. On draw-control, wing midfielder will be positioned to left of her face-off player on the sideline.
- Ball will be awarded at the midfield to the team scored on, and play will be restarted as soon as player with possession and referee are set to begin (will not wait for line changes). Second midfielder must be on her defensive side of the field, and all defense and attack do not have to be behind the goal.
- 3rd/4th grade division will play with a 1-Pass Rule after any change of possession.
 - The 1 Pass Rule. A player must be “hot” in order to shoot on goal. A player is considered “hot” when a pass is attempted (does not have to be caught) in the offensive zone. A pass must be completed if thrown from defensive zone to offensive zone, in order for player to be “hot”.
- 5th /6th grade will allow modified checking.

Game Format

- Game clock will begin running at the scheduled start time regardless of teams being set and ready on the field. Please have your team and players ready to play on the field in order to start on time.
- Each game will be two 20 minute running halves.
- Each team is allowed 1 Timeout per game - Timeouts will be 1 minute in length. The timeout will NOT stop the clock. There will be no timeouts allotted in the final 3 minutes of each half or overtime period.
- Halftime will be five (5) minutes. - Penalties are stop time, but game clock will continue to run. - Clock is kept by the on field official.
- Overtime: 5 minute single Braveheart! Goalies can go over midfield, but each team must have at least one player on their defensive half. If neither team scores in the 5minute overtime the game will end in a tie.
- Penalties: 5th grade – High School teams will play man-down for time serving penalties. Teams in the 3rd /4th grade division will NOT play man down, but the player who received the penalty will need to be subbed-out.