



Girls Rules (2nd grade – 8th Grade)

We will follow US Lacrosse Rules, unless modified herein.

Game Format (All divisions)

- Each game will be two 20 minute running halves.
- Each team is allowed 1 Timeout per half - Timeouts will be 1 minute in length. The timeout will NOT stop the clock. No timeouts allotted in the final 3 minutes of the game. No timeouts in overtime.
- Halftime will be five (5) minutes.
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw)
- Penalties are stop time, but game clock will continue to run. - Clock is kept by the on field official.
- Overtime: 4 minute sudden victory. If neither team scores in overtime, the game will end in a tie.
- Penalties: 5th grade – 8th grade 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.

2nd/3rd/4th Grade Division:

- 8v8 (7 field + Goalie) Or modified as agreed by both coaches
- No checking
- Regulation goal
- No more than 2 girl's per team on a ground ball (total of 4 players)
- Draw after Goal
- 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.

5th/6th Grade Division:

- 10v10 (9 field + Goalie)
- Unified youth field
- Modified checking
- 3 seconds closely guarded (above the shoulder only)
- Draw after Goal

7th /8th Grade Divisions:

- 12v12 (11field + Goalie)
- Full Field
- Transitional Checking
- Draw after Goal