

**USA**<sup>TM</sup>  
**LACROSSE**



# **GIRLS' YOUTH**

## **GUIDEBOOK**

**2023**

**GIRLS' LACROSSE**

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# USA LACROSSE RULES COMMITTEE

NAME	POSITION	LOCATION
Anne Carr	Official	Dillsburg, PA
Angela Cherry	Official	Arveda, CO
Katie Hopp	Official	Southampton, MA
Mac Ford	Coach	Reistertown, MD
Jeffrey Grose	National Interpreter	Seattle, WA
Barb Martinichio	Chair	Binghamton, NY
Michael Nelson	Official	Charlotte, NC
Caitlin Kelley	USA Lacrosse, ex officio	Sparks, MD

USA Lacrosse has zero-tolerance for unsportsmanlike behavior including any language or actions that are derogatory, discriminatory, or hateful in nature. USA Lacrosse requires officials to penalize unsportsmanlike conduct with game ejection or red card. This behavior can include discrimination based on race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical, or sensory disability.

USA Lacrosse encourages organizations, leagues, and tournaments to adopt the new anti-harassment and discrimination policy found in the Appendices of this rulebook or online.

For questions, interpretations or suggestions about the USA Lacrosse rules, please contact:

**Questions and Interpretations:** [girlsrules@usalacrosse.com](mailto:girlsrules@usalacrosse.com)

**Rule Change Suggestions:** [usalacrosse.com/rules/submit-a-rule-change](https://usalacrosse.com/rules/submit-a-rule-change) If you have questions about officiating mechanics or are interested in learning more about the USA Lacrosse Officials Education Program contact:

**USA Lacrosse Officials Education:** [officials@usalacrosse.com](mailto:officials@usalacrosse.com)



## MISSION

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

## OUR VISION

We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse.

## Who We Are

- » More than 450,000 members nationwide
- » More than 80 full-time staff members
- » More than 300 volunteers serving on national boards and committees
- » More than 7,000 donors to the USA Lacrosse Foundation

With a primary focus on the youth level, USA Lacrosse, a 501(c)3 nonprofit organization, is committed to providing a leadership role in virtually every aspect of the game.

## Our Impact

- » **MAKE THE SPORT SAFER** – Since 1998, we have invested more than
- » **\$1,000,000 IN FUNDING FOR LACROSSE**-specific research to make the game safer.
- » **TRAIN AND CERTIFY COACHES** – More than 15,000 coaches annually participate in USA Lacrosse online training or in-person instructional clinics.
- » **TRAIN AND CERTIFY OFFICIALS** – USA Lacrosse has more than 700 certified officials' trainers and 350 certified officials' observers to help improve the quality of officiating.
- » **CREATE OPPORTUNITIES TO PLAY** – USA Lacrosse awards more than \$1 million annually in resources through the First Stick Program®.
- » **ELEVATE THE SPORT'S VISIBILITY** – Our 30-time world champion U.S. National Teams set the standard for excellence in the sport.
- » **PIONEER NATIONAL STANDARDS** – USA Lacrosse youth rules and the Lacrosse Athlete Development Model are designed to create the best experience for all participants.
- » **EDUCATE THE LACROSSE COMMUNITY** – The USA Lacrosse National Convention has grown to bring more than 7,000 coaches, officials, administrators, and fans together each year.

# SAFETY AND RESPONSIBILITY

The USA Lacrosse Women's Game Rules Subcommittee is responsible for reviewing and maintaining the rules of women's lacrosse for youth (14 and under) play. USA Lacrosse offers the public the opportunity to suggest rule changes to the USA Lacrosse Rules Committee through written submission by June 1 each year. Each June, the Rules Committee meets to review and discuss rule suggestions and any relevant injury surveillance data before making their recommendations. The Girls' Rules are then voted on by the USA Lacrosse Board of Directors and are issued under the authority of USA Lacrosse as the official rules for youth girls' lacrosse.

Participants in girls' lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls' game and in compliance with the USA Lacrosse Girls' Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

- » Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
- » Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
- » Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
- » Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.

# RULE CHANGES

## NOTABLE RULE CHANGES FOR 2023 FOR ALL LEVELS

- » Elimination of the requirement to apply pressure to the ball in the pocket during crosse inspection.
- » Players below the restraining lines may not step on or over the restraining line (when applicable) after the official's hand is in contact with the sticks at the draw and until after the restraining line is released, regardless of the number of players between the restraining lines.
- » Allows a player fouled outside the critical scoring area to take the free position and self-start, when self-start is allowed, within 4 meters of the spot of the foul.
- » Allows a defensive player awarded a free position to self-start when there is a foul by an attack player within the critical scoring area unless the game clock is stopped.
- » Eliminates alternation possession for offsetting fouls when one of the fouls requires the issuance of a card.
- » Allows the goalkeeper, or her deputy, to carry the ball into the goal circle upon possession or to return the ball to the goal circle after being played.
- » Moves administration of a free position for a 3 second violation from the spot of the ball to the 12 meter fan when the ball is outside the critical scoring area and above the goal line extended.

## YOUTH ONLY CHANGES FOR 2023

- » Eliminate the prohibition for a player to follow through with their crosse into the goal circle on a shot.
- » Eliminate the requirement for a pass rule at 8U
- » Eliminate the restraining line requirement for cross field 4v4 play at 6U and 8U.

# POINTS OF EMPHASIS FOR 2023

## SPORTSMANSHIP

The rules committee wants to emphasize the critical role of sportsmanship in the safety and positive experience for the student athlete. Sportsmanship is based on a respect for the rules of the game and for one's opponent. Coaches, players, officials, administrators, and spectators in the interscholastic environment have an expectation to demonstrate behavior that creates a positive and encouraging atmosphere. The committee encourages officials to provide effective communication and game management to help deter acts of unsportsmanlike conduct. When such methods are not enough to manage behavior, those in violation should be held accountable with the administration of cards. Event management can serve as an asset in creating an expectation of respect within the playing facility and creating a positive and competitive atmosphere.

## KNOWLEDGE OF THE RULES

Officials, coaches and players must know and understand the rules of the game. Parents and spectators also benefit by knowing the rules. The NFHS Girls Lacrosse Rules Book defines the rules and requirements for girls lacrosse while promoting fair play and striving to minimize risk of injury for student-athletes. Knowledge of the rules by officials helps ensure proper rule enforcement and fair play, minimizes conflicts, and reduces risk of injuries. Knowing the rules allows coaches to teach their players how to properly play lacrosse and model good behavior. Knowing the rules as an athlete provides athletes with the ability to maximize performance on the field and compete in a safe manner. Knowing the rules as a parent or spectator allows parents and spectators to better understand the game, support the athletes, and encourage good sportsmanship.

## **DANGEROUS USE OF THE STICK**

Dangerous use of the lacrosse stick, including but not limited to actions such as the follow-through, slash, check to the head, and other risky activities warrants our utmost attention. Using the stick in this type of disruptive manner jeopardizes the safety of players on the field. Officials must immediately stop play and issue a card when this occurs. Coaches should consistently teach and reinforce safe play and legal stick use. Players can avoid this type of activity by always playing in a controlled manner, making safe checks, having their body and stick in a legal position when checking or defending an opponent and playing with discipline and in accordance with the rules. Understanding, teaching and playing lacrosse with the stick in a safe and legal manner will decrease injuries, improve game management, maintain the pace of play and uphold the integrity of the game of girls' lacrosse.

## **PROFESSIONALISM**

USA Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.



*Below are listed the main modifications from the 2023 NFHS rule book for this level of play. For further clarifications, please contact [girlsrules@usalacrosse.com](mailto:girlsrules@usalacrosse.com)*

## CROSS FIELD PLAY : 6U & 8U

### GAME SUMMARY, EQUIPMENT AND RULES MODIFICATIONS

#### 4V4 (CROSS FIELD)

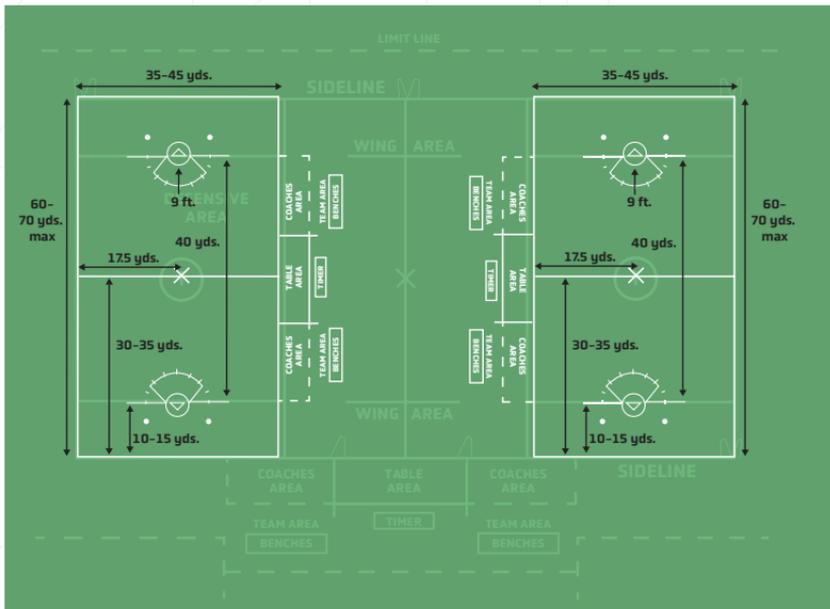
- » No goalies
- » Smaller sticks and soft balls
- » 3'v3' goals or 4'v4' goals are recommended
- » No draw and players line up in their defensive end to start game
- » Coaches can be on the field to assist and 'officialiate'
- » No score is kept
- » After a goal, defense is given the ball for a clear
- » Must play 1v1 defense

At this level of play 1) illegal or dangerous contact 2) unsportsmanlike conduct; player would be taken briefly off the field. No cards are to be used, and the team does NOT play short.



## THE PLAYING AREA AND GOALS

### THE FIELD DIAGRAM



### LENGTH AND WIDTH

The maximum playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width. An 8-meter arc and restraining line are not required for this level of play. Note: Flat disc cones may be used to designate the playing area if field lining is an issue.

## GOAL CIRCLE

The goal circle marked with flat disc cones. A goal line marking is not required. A pop-up goal circle is also permissible.

## GOALS

A 3'x3' with securely affixed netting is recommended but a HS goal is allowed.

## BALLS

It is recommended that a soft lacrosse ball or other soft athletic ball of similar or larger diameter be used (e.g., tennis ball). If a standard lacrosse ball is used it must meet the NOCSAE ND049 standard.

## THE LACROSSE STICK

Smaller sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth. A boy's field crosse specification (see Appendix B of the boy's rulebook) or a girl's field crosse specification (see Appendix B of the girl's rulebook) are legal for play. Whichever stick specification is used must still adhere to the pocket construction and depth testing requirements.

## NUMBER OF PLAYERS

4 by 4, players can run the whole field

## OFFICIALS

Officials are not required for this level of play. However, if officials are used, then one (1) certified official is necessary per field of play.

## TIME FACTORS AND SCORING

A competition will consist of two 12-minute running time halves, with a 4-minute halftime period.

No overtime play.

## START OF GAME

The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least five yards from the player with the ball. Before a team can shoot the ball off of the initial possession, there must be one attempted pass.

## RESTART AFTER A GOAL IS SCORED

Official removes ball from goal and gives it to a player from the scored upon team along the goal line to side of goal. All other players will be moved 4 meter away

## FOUL MODIFICATIONS

For any major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, illegal checking, the player would be taken off the field for a brief time period – no cards are used, and the team does not play short a player.

## 1 V 1 DEFENSE

1v1 defense is required in the midfield area. More than one player can defend the ball in the critical scoring area.

## 3 SECONDS CLOSELY GUARDED (OFFENSE)

Player with the ball may not hold the ball for more than three seconds when

- » They are closely guarded
- » The defense has both hands on their stick, and
- » The defense is in a position to legally check if checking were allowed.

**NO CHECKING ALLOWED**

**NO RESTRAINING LINE OR OFFSIDE FOULS**



*Below are listed the main modifications from the 2023 NFHS rule book for this level of play. For further clarifications, please contact [girlsrules@usalacrosse.com](mailto:girlsrules@usalacrosse.com)*

# 10U GIRLS' LACROSSE

## GAME FORMAT, EQUIPMENT AND RULE MODIFICATIONS

- » 8v8 includes goalies, (cross field)
- » Modified pocket is allowed
- » Introduction of a goalkeeper, goalie must wear shinguards at the youth level

At this level of play 1) illegal or dangerous contact 2) unsportsmanlike conduct; player would be taken briefly off the field. No cards are to be used, and the team does NOT play short.

### CONTINUED MODIFICATIONS FROM THE 8U AND 6U LEVEL

- » No checking and 3-seconds closely guarded still applies
- » Must play 1v1 defense



### **THE LACROSSE STICK**

Modified pocket allowed. No more than 1/2 of the ball can be seen below the sidewall.

### **START OF GAME OR HALF**

Starts with possession at midfield decided by a coin toss.

### **RESTART AFTER A GOAL IS SCORED**

Goalie clears the ball

### **NO OFFSIDES**

### **FOULS**

Fouls align with the high school game except for in the issuance of a card, the team does NOT play short.



*Below are listed the main modifications from the 2023 NFHS rule book for this level of play. For further clarifications, please contact [girlsrules@usalacrosse.com](mailto:girlsrules@usalacrosse.com)*

## 12U AND 14U FULL FIELD

### MAJOR MODIFICATIONS

#### CHECKING

- » 12U Modified checking is allowed, and 3-seconds closely guarded still applies.
- » Modified checking is checking where the checking movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.

#### **14U Transitional checking is allowed.**

**TRANSITIONAL CHECKING** is allowed at the 14U level where checks may occur that are outside of the 12 inch sphere and the defender is in front of or ahead of the ball carrier and the defender stick is not reaching across the opponent's body to attempt the check.

## APPENDIX A

# DEFINITION OF TERMS

- » **ATTEMPTED PASS** occurs when a player attempts to pass using the mechanics of a throwing motion in the specific direction of a teammate.
- » **BLOCKING** takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a “blind side” defense player must give her enough time and/or space to change her direction.
- » **BODY CHECKING** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent’s body and crosses with her body and causing her to slow down, change direction, or pass off.
- » **CHARGING** takes place when the player with the ball pushes into, shoulders, or backs into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary).
- » **CHECKING** is an attempt to dislodge the ball from an opponent’s crosse by using controlled crosse to crosse contact.
- » **CLEAR** is any action taken by a player within the goal circle to pass or carry the ball with her crosse out of the goal circle.
- » **CLEAR SPACE** indicates the space between players which is free of crosses or any parts of the body.
- » **COACHING AREA** is the area on the bench/table side of the field extending from the substitution area to their end line, and even with the level of the scorer’s table extended (at least 4 meters from the sideline), and does not include the area directly behind the scorer’s table.
- » **CRITICAL SCORING AREA** indicates an area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the official.

- » **CROSS-CHECK** uses the shaft of the crosse to hit, push or displace an opponent.
- » **DANGEROUS PLAY** are actions that are rough, threatening and/or are without regard to player safety. May be carded.
- » **DIRECTLY BEHIND THE GOAL CIRCLE** is the area between two lines extending perpendicular and back from the goal lines extended, tangent to the goal circle.
- » **8-METER ARC** is the area in front of each goal circle inscribed by two lines drawn at 45-degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.
- » **EJECTED PLAYER** is a player who has received a Red card and is disqualified from the game and shall be ineligible to play in her team's next game.
- » **FIELD PLAYER** is any player other than the goalkeeper. It is a player whose responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.
- » **FREE POSITION** is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. A major defensive foul within the 8 meter will result in an offensive free position on an 8 meter hash. This player may go to goal.
- » **FREE SPACE TO GOAL** is a path to goal within the critical scoring area as defined by two lines extending from the ball to the outside of the goal circle. No defense player will be penalized if positioned below the extension of the goal line.
- » **GOAL CIRCLE** is the circle around the goal to protect the goalkeeper.
- » **GREEN CARD** is recorded in the scorebook against the offending team, indicating a team caution for delay of game and that the next team offense results in a green/yellow card to the offending player.
- » **HELD WHISTLE** is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.

- » **ILLEGAL CRADLE** is when the ball carrier holds the head of her crosse with or without cradling, within a 7-inch sphere surrounding the head in all directions or close to her body or teammate's body.
- » **ILLEGAL PLAYER** is an extra player, suspended player, ejected player or a player not listed or incorrectly listed on the roster and/or in the scorebook at the start of the game.
- » **ILLEGAL PROCEDURE** refers to fouls that are procedural in nature, i.e. False Start; Illegal Substitution; Too Many players; etc.)
- » **INDIRECT FREE POSITION** is the penalty awarded for a minor field foul by the defense inside the 12-meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.
- » **LOWER SIDE OF CROSSE** refers to the wood on a wooden crosse and to the right side of a plastic crosse as one looks at the crosse with the pocket facing the player.
- » **MARKING** is guarding an opponent within a stick's length.
- » **MODIFIED CHECK** is an attempt to dislodge the ball from an opponent's crosse in which the checking crosse movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.
- » **MODIFIED POCKET** is when no more than half of the ball falls below the bottom of the sidewall.
- » **OFFSETTING** is when a player from each team commits a foul (major and/or minor) during the same play, or when the attacking team commits a foul during a slow whistle situation.
- » **OFFSIDE** refers to a team with more players over the restraining line than is allowed by the rules.
- » **PENALTY AREA** is the area directly in front of the scorers/timer's table and at the rear of the substitution area where any player who has been carded will sit or kneel while serving their penalty time.

- » **PENALTY LANE** is the path to the goal that is cleared when a free position is awarded to the attacking team inside the critical scoring area in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle. All other players must clear this lane when a free position is awarded in front of the goal.
- » **PENALTY ZONE** is the area 8 meters away from the goal circle above goal line extended (includes the entire 8-meter arc and both "pie" areas) and the area created by the extension from the 8-meter marks (on the goal line extended) back to the dots and between the dots.
- » **PICK** is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary.
- » **PLAYED** refers to an action whereby the ball leaves the player's crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the crosse.
- » **PLAYER POSSESSION** is when the ball is in her crosse and she can perform any of the normal functions of control such as cradle, carry, pass or shoot.
- » **PLAYING DISTANCE** is the length of a stick and half.
- » **RED CARD** is given to an offending player, coach or any team personnel, who is immediately ejected from the game. Anyone who has received a red card shall be prohibited from participating in the team's next game.
- » **RESTRAINING LINE** in full field play is a solid line at each end of the field 30 yards up field from the goal line which extends fully from one side of the field to the other side.
- » **RUNNING CLOCK** means the game clock runs continuously without stopping unless the official calls for a card, injury/emergency timeout, or team timeout.

- » **SCORING PLAY** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
  - a. A shot is taken.
  - b. The attacking team loses possession of the ball.
  - c. The attacking team passes or carries the ball behind the level of the goal line and stops the continuous attempt to score.
  - d. The attacking team stops the continuous attempt to score or the player with the ball is forced by the defense to lose her forward momentum.
  - e. The attacking team fouls.
- » **SLASH** is a dangerous swing of the crosse at an opponent's crosse or body whether or not the opponent's crosse or body is struck.
- » **SLOW WHISTLE** is a held whistle, with flag raised, once the attack has entered the critical scoring area and is on a scoring play.
- » **SPHERE** is the 12-inch area surrounding the head in all directions.
- » **SUBSEQUENT FOUL** is one that occurs after the initial foul has been called. For a example, a player is awarded a free position because of a foul by her opponent but then before play starts she, or her team, commits another foul such as taunting the opponent.
- » **SUBSTITUTE** is any player who has not been disqualified and whose name and correct number have been recorded in the scorebook.
- » **SUSPENDED PLAYER** is a player who has received two yellow cards in a game and is ineligible for the remainder of the game.
- » **SUBSTITUTION AREA** is the area in front of the scorer's table, centered at midfield, and sectioned off by two hash marks that are each five (5) yards from the center line of the field.
- » **TEAM BENCH AREA** is the area from the end of the substitution area to the team's restraining line, and even with the level of the scorer's table extended (at least 4 m from the sideline), and does not include the area directly behind the scorer's table.
- » **THREE-SECONDS IN THE ARC** is when a player while defending in the 8-meter arc remains in that area more than three (3) seconds without marking an opponent within a stick's length.

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- » **THREE-SECONDS GOOD DEFENSE** is when a player with the ball holds the ball for more than three (3) seconds while closely guarded/ marked.
  - » **TOEING THE LINE** refers to the placement of the foot up to, but not on a boundary line.
  - » **TRANSITIONAL CHECKING** is allowed at the 14U level where checks may occur that are outside of the 12 inch sphere and the defender is in front of or ahead of the ball carrier and the defender stick is not reaching across the opponent's body to attempt the check
  - » **12-METER FAN** is a semicircle area in front of each goal circle bounded by an arc 12 meters from the goal circles.
  - » **WITHIN A STICK'S LENGTH** is when any part of the opponent's body is inside a crosses' length. It is the distance a player must be to her opponent to be actively marking this opponent.
  - » **YELLOW CARD** is given to an offending player, coach or team personnel. A second yellow card to the same individual will result in that person being suspended from further participation in that game.

## APPENDIX B

# EQUIPMENT

### ALL FIELD CROSSES

All legal sticks/ molded heads will be listed on the USA Lacrosse website on the equipment page.

*Note: The crosse for the 6U 8U & 10U divisions can meet either the boys or girls molded head requirements.*

All pockets are subject to on field compliance check by officials. The following requirements are for the pockets.

Strung pockets either traditional or mesh must be attached directly to the head.

Field crosses shall have no more than two separate shooting strings. Shooting strings shall not be rolled or coiled or twisted more than twice between each thong. Flat laces may not be used as shooting strings. Shooting strings are not required.

Any "shooting" string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted "U" in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. "Shooting" strings may not be crossed. "Shooting" strings may not touch from outside the outermost thongs to the sidewall, or within one (1) inch of the sidewall if there are no thongs. Shooting strings do not need to be attached through a stringing hole.

The top of a ball, when placed into the pocket of a horizontally held crosse, must be visible above the top of the entire wooden or plastic sidewall for 12U and 14U.

The ball must move freely within all parts of the head of the stick both laterally and along its full length of the front and upper third of the back of the pocket. To ensure the ball rolls freely, the official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick. The ball must not become wedged between the walls, under the guard or under the bridge of a wooden crosse, or in

the ball stop or under the walls of a plastic/molded head crosse. The ball must easily fall out of the pocket when the crosse is turned upside down. There must be no holes or gaps in the pocket that are larger than 1.5" (38.1 mm).

*NOTE: The following are some examples that, either alone or in combination might cause a lack of free ball movement in the head/pocket: shooting strings that are not interwoven with the cross lacings and thongs and allowed to sit on top of these other stringing areas; thongs that are raised above the plane of the pocket. Any adhesive substance in the pocket which impedes movement.*

## **GOALKEEPER'S CROSSE**

The overall length of the crosse shall be 35 1/2 inches minimum to 52 inches maximum. The end cap is included when measuring the overall length of the crosse.

The pocket of the crosse may be strung with six (6) or seven (7) longitudinal leather or synthetic thongs and cross-lacing or may be mesh. The depth of the pocket may be unlimited except that the ball must move freely within all parts of the head and the pocket, both laterally and along its full length.

The goalkeeper's crosse may have more than two shooting strings.

Flat laces or nylon cord may be used as shooting strings. There are no restrictions regarding the design or placement of shooting strings in the pocket of a goalkeeper's crosse.

## **STICK CERTIFICATION PROCEDURES:**

Any lacrosse stick to be used, sold or marketed in the United States must first be submitted to the testing lab. Once the test facility has determined that the stick meets all the manufacturer's specifications, a report noting this compliance will be sent to the USA Lacrosse Women's Game Director. The stick will then be listed on the USA Lacrosse web site as legal for use in the United States. The USA Lacrosse Rules Committee has the final authority to either approve or deny stick stringing and/or designs independent of lab approval. Go to [usalacrosse.com](http://usalacrosse.com) for complete equipment certification process procedures and timeline, and for lists of USA Lacrosse approved equipment.

## **GOALKEEPER'S EQUIPMENT**

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, a pelvic protector and padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. beginning January 1, 2021, the goalie chest protection must meet the NOCSAE standard (ND200) for lacrosse at the time of manufacture.

It is recommended that the goalkeeper wear padding on arms and shoulders. This padding must not excessively increase the size of any body parts. Body padding must not exceed the thickness of legal goalkeeping gloves – 1-inch padding. Gloves must not contain any webbing and must not excessively increase the size of the hands as they are presented to the ball.

## **EYE PROTECTION**

All field players must properly wear eye protection that meets the ASTM standard for women's lacrosse (F3077). All eyewear must be listed on the SEI website to be legal for play and all eyewear must bear the SEI mark for certification.

## **MOUTHPIECE**

All players must properly wear a professionally manufactured intra-oral mouthpiece that fully covers the teeth. The mouthpiece shall be of any readily visible color other than clear or white and must not have graphics of white teeth. It shall include occlusal (protecting and separating the biting surfaces) and labial (protecting the teeth and supporting structures) portions and shall cover the posterior teeth with adequate thickness. There may be no protruding tabs for field players.

## **OTHER PERSONAL EQUIPMENT**

Headgear and close-fitting gloves may be worn by all field players. Any field player choosing to wear headgear will only be permitted to wear headgear that has been tested by the manufacturer and meets the ASTM F3137 standard for women's lacrosse headgear. The headgear must be SEI certified. The headgear shall be listed on the SEI site in order to be considered legal for play. Face masks are not allowed.

*Note: No equipment, including protective devices, may be used unless it complies with the rules and manufacturers' specification and is deemed not dangerous to*

other players by the officials. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended.

*Note: Hard and unyielding items (guards, casts, braces, splints, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder are prohibited unless padded with a closed-cell, slow-recovery foam padding no less than 1/2" thick. Knee and ankle braces that are unaltered from the manufacturer's original design/production do not require any additional padding.*

*Note: Players may only wear securely taped Medic-alert jewelry with information visible and close-fitting cloth sweatbands. Any other adornment, including gauges, will be considered jewelry and may not be worn. Barrettes are legal as long as they do not endanger other players.*

*Note: Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.*

*Note: USA Lacrosse in keeping with applicable laws may authorize exceptions to USAL Youth Playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, religious considerations as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow otherwise illegal equipment, create risk to the athletes/others or place opponents at a disadvantage.*

## **BALLS**

**SECTION 25.** The ball shall be yellow, lime green or bright orange (similar to Pantone #811) color, and meet the current NOCSAE lacrosse ball standard at the time of manufacture for 10U, 12U and 14U.

*NOTE: Specifications for all equipment are modified periodically. USA Lacrosse will endeavor when possible to provide advance notification of changes to manufacturers of lacrosse equipment known to USA Lacrosse of the change. USA Lacrosse does not test or approve equipment to determine compliance with specifications. USA Lacrosse shall have no liability for defects caused by failure to meet specifications or for alterations made after manufacturing and distribution of said equipment; or for alterations made to the crosse after the stick (head and pocket) is manufactured, submitted for final evaluation to the testing Laboratory and approved*

### **CROSSE SPECIFICATIONS**

## **A** HEAD DIMENSIONS

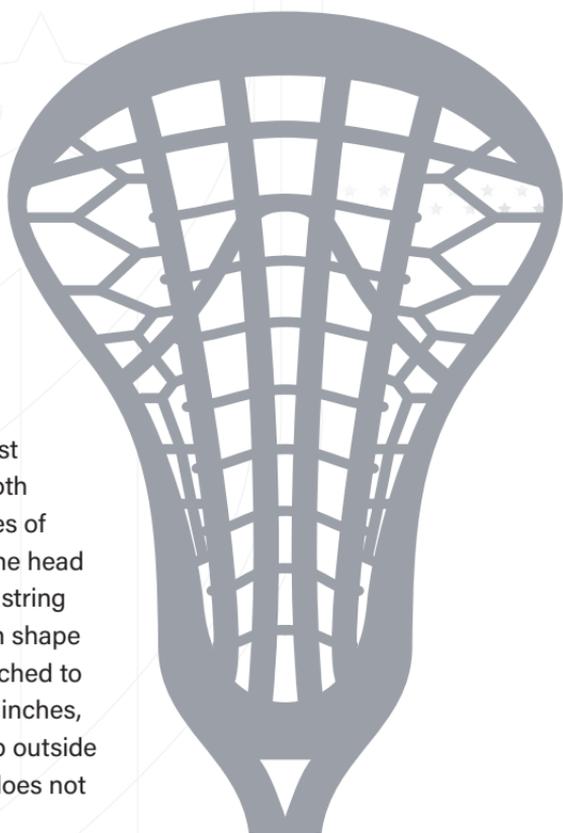
All measurements are verified in the lab according to manufacturer specifications and legal heads will be posted on the USA Lacrosse website

## **B** SHOOTING STRINGS

Any “shooting” string must be directly attached to both sidewalls within 3.5 inches of the top outside edge of the head and the bottom shooting string may be an inverted “U” in shape and must be directly attached to both sidewalls within 6.5 inches, as measured from the top outside edge of the scoop. (this does not apply to goalkeepers).

## **C** STRINGS OUTSIDE OF CROSSE

Any strings or leathers hanging off the crosse must measure 2 inches or less.



## APPENDIX C

# INTRODUCING RULE CHANGES

Suggestions for changes must be requested by May 1 for consideration at the summer Rules Committee meeting. Suggestions must be made in writing using the Rule Change Request Form, available from USA Lacrosse ([usalacrosse.com](http://usalacrosse.com)). The Rules Committee meets once a year to consider and discuss proposed changes to the rules. Any changes or additions to the youth rules put forth by the Rules Committee must be presented to the USA Lacrosse Boards of Directors for final approval.

## APPENDIX D

# BLOOD POLICY

## FROM THE NFHS GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

This policy should be followed by all teams not already following guidelines developed by their school district, county, state, etc. on how to deal with blood situations.

### BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- » An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/ her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- » Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.

## APPENDIX E

# LIGHTNING POLICY

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

### PROACTIVE PLANNING

- » Assign staff to monitor local weather conditions before and during events.
- » Develop an evacuation plan, including identification of appropriate nearby shelters.
- » Develop criteria for suspension and resumption of play:
- » When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
- » Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
- » Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- » Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Position Statement: Lightning Policy" on the USA Lacrosse web site at [usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy](http://usalacrosse.com/safety/risk-management-emergency-plans/position-statement-on-lightning-policy)

## APPENDIX F

# CONCUSSIONS

## CONCUSSION RECOGNITION TOOL 5

To help identify concussion in children, adolescents, and adults

### RECOGNIZE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

Remember these key elements while approaching the potentially head-injured player on the field:

- » In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- » Assessment for a spinal cord injury is critical.
- » Do not attempt to move the player (other than required for airway support) unless trained to do so.
- » Do not remove a helmet or any other equipment unless trained to do so safely.

### STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury, including whether if ANY of the following signs are observed or complaints are reported, then the player should be assessed for neck injury and safely and immediately removed from play/game/activity if no neck injury is suspected. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment if any of the following signs or symptoms are present:

- » Neck pain or tenderness
- » Double vision
- » Weakness or tingling/burning in arms or legs
- » Severe or increasing headache
- » Seizure or convulsion

- » Loss of consciousness
- » Deteriorating conscious state (May want to put in layman's terms for non-healthcare providers: something like "Decreasing ability to stay awake, disoriented")
- » Vomiting
- » Increasingly restless, agitated, or combative
- » One pupil larger than the other (listed on CDC Danger Signs)
- » If there are no Red Flags, identification of possible concussion should proceed to the following steps.

## STEP 2: OBSERVABLE SIGNS

### Visual clues that suggest possible concussion include:

- » Lying motionless on the playing surface
- » Slow to get up after a direct or indirect hit to the head
- » Disorientation or confusion, or an inability to respond appropriately to questions
- » Blank or vacant look
- » Balance, gait difficulties, motor incoordination, stumbling, slow labored movements
- » Facial injury after head trauma

## STEP 3: SYMPTOMS

- |                         |                            |
|-------------------------|----------------------------|
| » Headache              | » "Don't feel right"       |
| » "Pressure in head"    | » More emotional           |
| » Balance problems      | » More Irritable           |
| » Nausea or vomiting    | » Sadness                  |
| » Drowsiness            | » Nervous or anxious       |
| » Dizziness             | » Neck Pain                |
| » Blurred vision        | » Difficulty concentrating |
| » Sensitivity to light  | » Difficulty remembering   |
| » Sensitivity to noise  | » Feeling slowed down      |
| » Fatigue or low energy | » Feeling like "in a fog"  |

## STEP 4: MEMORY ASSESSMENT

*(in athletes older than 12 years of age)*

Failure to answer any of these questions (modified appropriately for lacrosse) correctly may suggest a concussion:

- » "What venue are we at today?"
- » "Which half is it now?"
- » "Who scored last in this game?"
- » "What team did you play last week/game?"
- » "Did your team win the last game?"

Athletes with suspected concussion should:

- » Not be left alone initially (at least for the first 1-2 hours)
- » Not drink alcohol
- » Not use recreational/prescription drugs
- » Not be sent home by themselves. They need to be with a responsible adult
- » Not drive a motor vehicle until cleared to do so by a healthcare professional

Any athlete with a suspected concussion should be immediately removed from practice or play and should not return to activity until assessed medically, even if the symptoms resolve.

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## APPENDIX G

# USA LACROSSE CODE OF CONDUCT

### OVERVIEW

Lacrosse is the oldest American sport. Native Americans played lacrosse centuries ago and, through the sport, they celebrated and emphasized their spiritual and cultural values.

In an effort to promote appropriate values in the modern sport, USA Lacrosse has partnered with the Positive Coaching Alliance to establish and promote positive coaching and good sportsmanship at all levels of lacrosse. The following Code of Conduct is included as part of the US Lacrosse membership application to encourage and foster appropriate values in players, coaches, officials, parents and spectators, as well as those who are involved in any way with US Lacrosse.

### CODE OF CONDUCT

US Lacrosse believes that it should be a priority of every player, coach, team, program and league to "Honor the Game." Players, coaches, officials, parents and spectators shall conduct themselves in a manner that "Honors the Game" and demonstrates respect for other players, coaches, officials, parents and spectators. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the sport of lacrosse and its participants. Essential principles of this Code of Conduct are honesty and integrity. Those who conduct themselves in a manner that reflects this Code of Conduct will bring credit to the sport of lacrosse, their organization, their team and themselves. Adhering to this Code of Conduct will enable lacrosse to earn and maintain a positive image, which will contribute to the sport's development and help to assure a consistently positive experience for participants. The Code of Conduct's components are as follows:

- » Sportsmanship and fair play are essential to the sport and shall be taught and developed both at home and on the field during practices and games.
- » The value of good sportsmanship, fair play and the player development shall always be placed above winning.
- » The safety and welfare of players are of primary importance.

- 
- » Coaches must always be aware of the tremendous influence they have on their players, and shall strive to be positive role models in dealing with young people they serve.
  - » Coaches shall always demonstrate positive behaviors and reinforce them to players, coaches, officials, parents and spectators. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials, parents and spectators.
  - » Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
  - » Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect among other participants.
  - » Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through established channels, policies and procedures, but never on the field in public view.
  - » Officials shall conduct themselves as professionals and in a manner that demonstrates courtesy and fairness to all parties while exercising their authority on the field.
  - » Adults involved with the sport will not permit anyone to openly or maliciously criticize badger, harass or threaten an official.
  - » Coaches, officials and players have a responsibility to know and follow the letter and spirit of the appropriate rules of play. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
  - » Eligibility requirements, which have been established at all levels of the sport to maximize participation, encourage fair play and promote safety, shall be followed

## APPENDIX H

# ANTI-HARASSMENT AND DISCRIMINATION POLICY AND CORRECTIVE ACTION PLAN

### TEMPLATE FOR LEAGUES AND LACROSSE ORGANIZATIONS

USA Lacrosse prohibits and will not tolerate acts of harassment, discrimination, and bullying. Harassment, discrimination or bullying means any gestures, any written, verbal or physical act, or any electronic communication, whether a single incident or a series of incidents that:

Are reasonably perceived as being motivated by either any actual or perceived characteristic, such as race, ethnicity, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Takes place in relation to any program function or team; and that a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a player or damaging the player's property, or placing a player in reasonable fear of physical or emotional harm to his/her person or damage to his/her property.

Has the effect of insulting or demeaning any player or group of players or creates a hostile environment for the player by interfering with a player's participation or by severely or pervasively causing physical or emotional harm to the player. (N.J.S.L 18A:37-14)

This Anti-Harassment and Discrimination Policy is embedded into each participant's Code of Conduct and must be signed by all participants prior to the start of each season. The USA Lacrosse commitment to

anti-harassment is also shared publicly on our program website. We ask that all families review this policy against harassment, intimidation and bullying with their children. Together we can ensure that all children and families have a better understanding of the issue and can help make playing experiences enjoyable for all.

The Corrective Action Plan is a multi-step system designed to forgive a mistake but also protect student-athletes, provide education and firmly address chronic misbehavior. Any participant, parent, or volunteer may file a grievance when necessary. All grievances should be written and directed through the following sequence of authorities:

### **CORRECTIVE ACTION PLAN FOR LEAGUE PARTICIPANTS**

If a coach, parent or official is notified of participant misconduct, they should report the allegation in writing within 24 hours of the incident to the league's board of directors or leadership. Complaints may also be made in person during a game or event but should also be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.

- » The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification. If the accused party is from another program or league, the board or league leadership will contact the accused participant's program to share the accusations and request resolution for both parties.
- » After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all board members for a vote. Participants who are found guilty of violating the anti-harassment and discrimination policy will be subject to disciplinary action. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review.
- » If no resolution is found, an additional ethics complaint may be filed with the USA Lacrosse Ethics Advisory Subcommittee online at [usalacrosse.com/ethics-advisory-subcommittee](http://usalacrosse.com/ethics-advisory-subcommittee). The USA Lacrosse EAS seeks to develop resources and standards for the national lacrosse community, as well as investigate and manage ethical issues that arise within the organization. NOTE: All prior steps must

be taken before submitting an ethics complaint with USA Lacrosse. Complaints that do not adhere to this process will not be considered.

**For minor or repeat violations of the Anti-Harassment and Discrimination Policy or expectations, these steps will be followed:**

### **STEP 1 – VERBAL WARNING.**

Coach and/or board members will discuss undesirable conduct with player and parents and stress that this behavior will not be tolerated.

### **STEP 2 – GAME SUSPENSION.**

The board or league leadership will suspend the offending player for a predetermined number of games depending on the severity of the incident. The player and supervising parent/adult must attend a meeting with the coach and at least one board member to discuss appropriate behavior and next steps before the player can resume playing. The player will be warned that the next offense will result in his/her expulsion from the program\*.

Participants 14 years and older will be required to complete USA Lacrosse's Cultural Competency training prior to return.

### **STEP 3 – EXPULSION.**

The participant on the 3rd offense will be expelled from the league or program and no refund will be given. The board or league leadership will also document this disciplinary action in writing and forward the incident to the team coach or administrator within 24 hours of decision.

*\*These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against participants and could result in immediate game suspension or expulsion. All participants that are found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.*

## **CORRECTIVE ACTION POLICY FOR PARENTS AND ADULTS**

Family involvement is vital to the development of young athletes. Whether sitting in the stands, or helping as a volunteer, we want families to set a positive example. Parents and adults who do not follow the Anti-

Harassment and Discrimination Policy will be subject to a Corrective Action Plan. Any parent or adult may file a grievance when necessary.

All grievances should be written and directed through the following sequence of authorities:

- » If a parent, coach, staff member, volunteer, official or fan is the victim of harassment, discrimination or bullying, the victim must report the allegation in writing within 24 hours to the board of directors or league leadership. Complaints may also be made in person during a game or event but should be documented in writing after the initial complaint has been made. If a coach or official does not report an infraction to the board or league leadership within 24 hours of receiving a complaint, they are subject to disciplinary action which may include suspension or expulsion.
- » If a coach or official is notified of misconduct, they are obligated to report the allegation in writing within 24 hours to the board of directors or league leadership.
- » The board or league leadership will gather all pertinent information in a fair, respectful and confidential manner regarding the alleged harassment, discrimination or bullying and review with both the accuser and the accused within five days of notification.
- » After an investigation is conducted, the board or league leadership will evaluate all findings and bring a final resolution to all administrators for a vote. All who are found guilty of violating the Anti-Harassment and Discrimination Policy will be subject to disciplinary action. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs etc.) will be expelled immediately at the first infraction with no consideration for review.

**For any violations of the Anti-Harassment and Discrimination Policy, the following steps will be taken:**

### **STEP 1 - VERBAL WARNING AND GAME SUSPENSION.**

A board or league administrator will discuss undesirable conduct with the accused and stress that this behavior will not be tolerated. A board member or league administrator will meet with the team coach and/or program administrator and the accused to discuss proper behavior. The board or league leadership may also choose to suspend the accused for

a certain number of games depending on the severity of the incident.

Furthermore, there will be a formal letter of reprimand given to the accused stating that the next offense will result in banishment from all program or league events\*

The accused will also be required to complete USA Lacrosse's online Cultural Competency training prior to returning.

## **STEP 2- SEASON EXPULSION.**

The accused will be banned from attending all contests after a 2nd offense. The accused will then have to make a formal request to be reinstated into the league or program prior to the start of the following season.

*\*Severe situations could merit harsher sanctions and could result in immediate game suspension or expulsion. All parties found guilty of major infractions (violence, racist, homophobic or sexist slurs, etc.) will be expelled immediately at the first infraction with no consideration for review. If warranted, a police report may be required or strongly recommended.*





# 10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2023)

<b>FIELD LINES</b>	1/3 yard line - Yellow; 1/2 yard line - Red	<b>START AFTER GOAL</b>	Goalkeeper uses 1/2 yard line goal post to break goal
<b>FIELD SIZE</b>	Consistent 80 yards x 55 yards	<b>SELF-START</b>	HS is set and procedures
<b>GOALS</b>	4' x 6' x 6'	<b>OFFSIDES</b>	Midfield only
<b>BALLS</b>	INDSCrosse balls	<b>SUBSTITUTIONS</b>	Substitutions are done during play (recommended during change of play or after whistle or goal)
<b>STICKS</b>	Regulation sticks / Modified model allowed	<b>COVERING BALL</b>	Maximum of 4 at any time
<b>PLAYERS</b>	8-14 girls 1 field player + goalkeeper / Teams play 7/7 with no goalkeeper on bench or not use goalkeeper	<b>MINIMUM PASS RULE</b>	Minimum 3 passes for field / Coach may question determination player may pass ball
<b>COACHES</b>	Minimum coaching box	<b>1 V 1 DEFENSE</b>	Must play ball when in field / Multiple defensions in the field allowed and comparable to USA
<b>OFFICIALS</b>	1 Official required / 2 recommended	<b>3-SECONDS CLOSELY GUARDED</b>	3 seconds / only guard the goals
<b>TIMEKEEPERS</b>	Officials keep time in the quarter / timekeeper	<b>3-SECONDS IN 8M ARC</b>	3 seconds in the 8m arc/capitals
<b>SCOREKEEPERS</b>	Someone keeping score book/decision	<b>GOAL CIRCLE VIOLATIONS</b>	Multiple after the game may enter goal circle
<b>LENGTH OF GAME</b>	1 hour 15 minute halves / Running clock / 5 minute haltime	<b>SPHERE</b>	2 inch
<b>TEAM TIMEOUTS</b>	1 team timeout per game	<b>CHECKING</b>	Modified checking
<b>OVERTIME</b>	None/none	<b>CARDS</b>	Team will utilize the card system and cards will be shown
<b>START OF GAME AND HALF</b>	1 player from each team at center line / 2 players from each team at 8m arc / 1 player at each end of field and possession will start		



# 12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2023)

<b>FIELD LINES</b>	8-1/3 yard line - Yellow; 1/2 yard line - Red	<b>START AFTER GOAL</b>	HS is set and procedures / team will utilize the card system and cards will be shown
<b>FIELD SIZE</b>	80 yards x 50 yards / Consistent 80 yards x 55 yards	<b>SELF-START</b>	HS is set and procedures
<b>GOALS</b>	6' x 6'	<b>OFFSIDES</b>	8-1/2 yard line / 1/2 yard line / 2/3 yard line / 3/4 yard line
<b>BALLS</b>	INDSCrosse balls	<b>SUBSTITUTIONS</b>	HS is set and procedures
<b>STICKS</b>	Regulation sticks	<b>COVERING BALL</b>	No covering ball when opponent within playing distance
<b>PLAYERS</b>	8-14 field players + goalkeeper / 10-14 field players + goalkeeper	<b>MINIMUM PASS RULE</b>	Midfield only
<b>COACHES</b>	Minimum coaching box	<b>1 V 1 DEFENSE</b>	Midfield only
<b>OFFICIALS</b>	Officials required / 2 recommended	<b>3-SECONDS CLOSELY GUARDED</b>	3 seconds / only guard the goals
<b>TIMEKEEPERS</b>	Timekeeper at table	<b>3-SECONDS IN 8M ARC</b>	3 seconds in the 8m arc/capitals
<b>SCOREKEEPERS</b>	Someone at table	<b>GOAL CIRCLE VIOLATIONS</b>	No player after the game may enter goal circle
<b>LENGTH OF GAME</b>	1 hour 15 minute halves / Running clock / 5 minute haltime	<b>SPHERE</b>	2 inch
<b>TEAM TIMEOUTS</b>	2 team timeouts per game	<b>CHECKING</b>	Modified checking
<b>OVERTIME</b>	1 hour 15 minute overtime periods / sudden victory	<b>CARDS</b>	Team will utilize the card system and cards will be shown
<b>START OF GAME AND HALF</b>	8-14 players from each team at center line / 2 players from each team at 8m arc / 1 player at each end of field and possession will start / 2 players from each team at center line / 2 players from each team at 8m arc / 1 player at each end of field and possession will start		



## 14U GIRLS' YOUTH GAME

### QUICK REFERENCE CARD (2023)

<b>FIELD LINES</b>	MHS field lines	MHS boundaries; No way players; No hand ball; 6' gap or more between players in center; No post in center	<b>START AFTER GOAL</b>	MHS boundaries; No way players; No hand ball; 6' gap or more between players in center
<b>FIELD SIZE</b>	Field field		<b>SELF-START</b>	MHS set start procedure
<b>GOALS</b>	6'6"		<b>OFFSIDES</b>	MHS offside procedure
<b>BALLS</b>	MHS crossballs		<b>SUBSTITUTIONS</b>	MHS substitution procedure
<b>STICKS</b>	Regulation stick		<b>COVERING BALL</b>	Nonway ball when opponent in playing distance
<b>PLAYERS</b>	0-00; 11 field players + goalkeeper		<b>MINIMUM PASS RULE</b>	Not applicable
<b>COACHES</b>	Person in Coaching Area		<b>1 V 1 DEFENSE</b>	Not applicable
<b>OFFICIALS</b>	Officials required / 2 recommended		<b>3-SECONDS CLOSELY GUARDED</b>	Not applicable
<b>TIMEKEEPERS</b>	Timekeeper; Attitude		<b>3-SECONDS IN 8M ARC</b>	3 Seconds; 4th or 5th; 6th; 7th; 8th; 9th; 10th; 11th; 12th; 13th; 14th; 15th; 16th; 17th; 18th; 19th; 20th; 21st; 22nd; 23rd; 24th; 25th; 26th; 27th; 28th; 29th; 30th; 31st; 32nd; 33rd; 34th; 35th; 36th; 37th; 38th; 39th; 40th; 41st; 42nd; 43rd; 44th; 45th; 46th; 47th; 48th; 49th; 50th; 51st; 52nd; 53rd; 54th; 55th; 56th; 57th; 58th; 59th; 60th; 61st; 62nd; 63rd; 64th; 65th; 66th; 67th; 68th; 69th; 70th; 71st; 72nd; 73rd; 74th; 75th; 76th; 77th; 78th; 79th; 80th; 81st; 82nd; 83rd; 84th; 85th; 86th; 87th; 88th; 89th; 90th; 91st; 92nd; 93rd; 94th; 95th; 96th; 97th; 98th; 99th; 100th; 101st; 102nd; 103rd; 104th; 105th; 106th; 107th; 108th; 109th; 110th; 111th; 112th; 113th; 114th; 115th; 116th; 117th; 118th; 119th; 120th; 121st; 122nd; 123rd; 124th; 125th; 126th; 127th; 128th; 129th; 130th; 131st; 132nd; 133rd; 134th; 135th; 136th; 137th; 138th; 139th; 140th; 141st; 142nd; 143rd; 144th; 145th; 146th; 147th; 148th; 149th; 150th; 151st; 152nd; 153rd; 154th; 155th; 156th; 157th; 158th; 159th; 160th; 161st; 162nd; 163rd; 164th; 165th; 166th; 167th; 168th; 169th; 170th; 171st; 172nd; 173rd; 174th; 175th; 176th; 177th; 178th; 179th; 180th; 181st; 182nd; 183rd; 184th; 185th; 186th; 187th; 188th; 189th; 190th; 191st; 192nd; 193rd; 194th; 195th; 196th; 197th; 198th; 199th; 200th; 201st; 202nd; 203rd; 204th; 205th; 206th; 207th; 208th; 209th; 210th; 211st; 212nd; 213th; 214th; 215th; 216th; 217th; 218th; 219th; 220th; 221st; 222nd; 223rd; 224th; 225th; 226th; 227th; 228th; 229th; 230th; 231st; 232nd; 233rd; 234th; 235th; 236th; 237th; 238th; 239th; 240th; 241st; 242nd; 243rd; 244th; 245th; 246th; 247th; 248th; 249th; 250th; 251st; 252nd; 253rd; 254th; 255th; 256th; 257th; 258th; 259th; 260th; 261st; 262nd; 263rd; 264th; 265th; 266th; 267th; 268th; 269th; 270th; 271st; 272nd; 273rd; 274th; 275th; 276th; 277th; 278th; 279th; 280th; 281st; 282nd; 283rd; 284th; 285th; 286th; 287th; 288th; 289th; 290th; 291st; 292nd; 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