

2009 YMCA GIRLS LAX RULES

We will be using the US Lacrosse Girls' Youth Lacrosse Rules (with several exceptions).

League Rules:

- Game Personnel – 7 or 8 players per side unless mutually agreed.
- Equipment – All players are required to wear the following protective gear: goggles and mouthpiece. Goalie must wear helmet, chest protector, throat protector, gloves, short protector, leg/shin guards, as well as have the goalie stick (all provided by Y).
- Equipment – Sticks shall be an overall fixed length of 37” to 42” for all sticks.
- Field – For the 1st-3rd games, the goals will be moved to the 8-meter arc, with cones for the crease at the 12-meter fan.
- Time Factors & Scoring – (4) 8-minute running clock quarters for 1st-3rd grade teams; and (4) 10-minute running clock quarters for 3rd-5th grades. If game is tied after 4 quarters, 3rd-5th teams will play one 4-minute “sudden death” running clock period (first team to score wins) at the unanimous agreement of both coaches. There is no overtime for the 1st-3rd league. Clock stops for group substitutions and timeouts. The clock will be stopped on goals scored in the final 60-seconds of any period, so the final seconds are not wasted trying to set up a draw, or giving the trailing team their free clear. Halftime will be 5 minutes.
- Required Substitutions – All players are expected to play an equal amount of time in each game. Game will stop once each quarter (about the half-way mark) for “mass substitutions.” Substitutions are allowed at any time during play through the substitution box.
- Play Of Game –
 - 1) Offside rules will be in effect (using restraining line).
 - 2) No checking will be permitted.
 - 3) At any point in the game if a team is ahead by 4 goals, the team that is behind is awarded the ball at midfield line in lieu of a draw.
 - 4) Up to 2 coaches are allowed to be on the field coaching players as long as a substitute coach is on the sideline. Coaches may ask for clarification on a call, but are not to influence the officials in anyway.
- Special Rules – Once the ball is outside the defensive restraining line, teams must attempt (not complete) at least 2 (overhand) passes before shooting on goal. If a team is ahead by 4 or more goals, the team must attempt (not complete) at least 4 (overhand) passes before shooting on goal. Passing rule resets when the defense clears the ball over the midline. Officials will instruct players on when to attack the goal. Coaches can remind/encourage their team after the official has given clearance for the shot.
- Expulsion Fouls – Any coach or player using derogatory language or throwing a punch shall result in expulsion from the game (and the following game). **THERE WILL BE NO ARGUING WITH OFFICIALS.**