



South Coast Lacrosse League Girl’s Rules Matrix

AGE LEVEL	<b>8U:</b> Kindergarten, 1st & 2nd grades not to exceed 9 years of age as of September 1 <sup>st</sup> of previous year	<b>11U:</b> 3 <sup>rd</sup> , 4 <sup>th</sup> , & 5 <sup>th</sup> grades not to exceed 12 years of age as of September 1 <sup>st</sup> of previous year	<b>15U:</b> 6 <sup>th</sup> , 7 <sup>th</sup> , & 8th grades not to exceed 15 years of age as of September 1 <sup>st</sup> of previous year
FIELD SIZE	Cross field: 60-70 yards x 35-45 yards	Cross Field: 60-70 yards x 35-45 yards	Regulation Field - 110' x 60'
TIME	(2) 12-minute running halves	(2) 18 minute running halves	(2) 25 minute halves, stop clock last 2 minutes
PLAYERS	4v4/ no goalkeeper	8v8 (7 field players & goalkeeper)	12v12 (11 field players & goalkeeper)
FIELD LINES	Goal Circle	Goal Circle, 8M, & midfield line	HS Lines
EQUIPMENT	Softer ball/ No pocket requirement for stick	Regulation Ball/ Modified pocket allowed	Regulation
HALF TIME	5 Min		
CLOCK STOPS	Team Timeouts, Injuries, Officials Timeouts	Team Timeouts, Injuries, Officials Timeouts	Team Timeouts, Injuries, Officials Timeouts, & the last 2 minutes of the Game unless the goal differential is 5 or more
TIMEOUT	1 timeout per team/ half	1 timeouts per team/ half	2 timeouts per team/ half
START OF GAME & HALF	Coin toss/ Players start on their end of field	Draw at each half/ 3 players from team at both 8 meters	HS Draw
START AFTER GOAL	Ball to defender to side of goal circle	Goalkeeper clear	Draw (mercy rule optional)
RESTRAINING LINE	None	2 field players behind midfield line	4 field players behind
OVERTIME	No overtime	No overtime	Up to (2) 4-Min sudden victory periods
PRE-GAME PROCEDURES FOR OFFICIALS	Review rules with coaches & ensure timekeeping	Review rules with coaches, conduct stick check, ensure timekeeping	Review rules with coaches, perform stick check, ensure timekeeping table is prepared and ready
GROUND BALLS	No more than 2 players/ kicking the ball is not allowed	No more than 2 players/ kicking the ball is not allowed	No restrictions/ kicking allowed
COVERING THE BALL	No covering the ball allowed anytime	No covering the ball allowed anytime	No covering the ball with opponent in playing distance
MINIMUM PASS RULE	<b>One</b> pass attempt required prior to shot	<b>Three</b> passes attempt required prior to shot	Not applicable
1 V 1 DEFENSE	1 v 1 defense required	1 v 1 defense required in midfield	Not applicable
CHECKING	No checking	No checking	Transitional checking (not above shoulder)
3 SECOND DEFENSE CLOSELY GUARDED	Applies	Applies	Not applicable
3 SECOND/ 8 METER ARC	Not applicable	Applies	Applies
CARDS	No cards, teams do not play short a player	Cards, but team does not play short	Team plays short
MAJOR FOULS	Illegal/ dangerous contact and unsportsmanlike conduct	Major fouls per 2020 NFHS Rules Book, 8 meter FP	Major fouls per NFHS Rules Book, 8 meter FP
FOULING OUT	No disqualification at this level.	No disqualification at this level.	Two yellow cards = Red Card (per NFHS)
POINTS DIFFERENTIAL(MERCY)	None	6 or more goals, losing team may request possession at draw	10 or more goals, losing team may request possession at draw
6 OR 8 GOAL DIFFERENTIAL PASSING(MERCY)	If lead is 8 or more, leading team <b>must attempt</b> 4 passes prior to shooting	If lead is 8 or more, leading team <b>must attempt</b> 4 passes after crossing midfield prior to shooting	Not applicable
CONTESTED GROUND BALL	A loose ball shall be contested by no more than 1 player per team. If a 2 <sup>nd</sup> player comes into the scrum, then a whistle will be blown and the ball awarded by AP.	A loose ball shall be contested by no more than 2 players per team. If a 3 <sup>rd</sup> player comes into the scrum, then a whistle will be blown and the ball awarded by AP.	Not applicable
COACHES	<b><u>Unless agreed upon by both head coaches &amp; referee PRIOR TO THE GAME</u></b> Coaches must stay on their half of the field (from their bench to the end line). Coaches may not coach from the substitute box. Coaches may <b><u>NOT</u></b> cross over the centerline toward opponent’s bench. A maximum of <b>three</b> coaches may be on the bench side of the field. One personal may be at the table to keep score or keep penalty clocks only. No one else should be at the bench who is not in uniform.	Coaches must stay on their half of the field (from their bench to the end line). Coaches may not coach from the substitute box. Coaches may <b><u>NOT</u></b> cross over the centerline toward opponent’s bench. A maximum of <b>three</b> coaches may be on the bench side of the field. One personal may be at the table to keep score or keep penalty clocks only. No one else should be at the bench who is not in uniform.	