



GIRLS RULES (Kinder – 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 2 minutes of the game.
- 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.
- No overtime in pool play. Games will end in a tie.
- Overtime in playoff game only: maximum of 2 x 4-minute sudden victory. If neither team scores after 2 4-minute overtimes, the game will end in a tie.

NTE Division:

- 7v7 no goalies – modified as needed; agree by both coaches.
- No checking
- Regulation goal
- No more than 2 girl's per team on a ground ball (total of 4 players)
- Draw at start of game and start of half.
- Ball will be awarded at the midfield to the team scored on after a goal. (Coaches may mutually choose to draw after a goal instead). This needs to be decided before the game and agreed by both sides.
- 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.

3rd Grade Division:

- 8v8 (7 field + Goalie) | Modified Field
- No checking
- 3 second closely guarded & 3 seconds in the 8m Arc – addressed and agreed on by both teams before the start of the game.
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw)
- Kinder – 4th/5th grade division will NOT play man down, but the player who received the penalty will need to be subbed-out.
- 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.

4th/5th Grade Division:

- 8v8 (7 field + Goalie) or 10v10 (8 field + a Goalie) depending on scheduled field size and team request (should already be determined by field size scheduling).
- Modified checking.
- 3 second closely guarded & 3 seconds in the 8m Arc – addressed and agreed on by both teams before the start of the game.
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw)
- Kinder – 4th/5th grade division will NOT play man down, but the player who received the penalty will need to be subbed-out.
- 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.

6th Grade Division:

- 10v 10 (9 field + Goalie)
- Modified checking.
- 3 seconds closely guarded (above the shoulder only)
- 3 seconds in the 8m Arc
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw – INDIRECT POSSESSION)
- No pass rule.
- Penalties: 5th grade – 8th grade teams will play man-down – 2 minutes non releasable

7th and 8th Grade Divisions:

- 12v12 (11 field + Goalie)
- Transitional Checking
- 3 seconds in the 8m Arc
- Mercy Rule – 6 goals (ball will be awarded at midfield to the team that is behind, instead of a draw – INDIRECT POSSESSION)
- No pass rule.
- Penalties: 5th grade – 8th grade teams will play man-down – 2 minutes non releasable