



GIRLS LACROSSE RULES

JV and Varsity:

- 22 minute halves
- 1 time out per half, they do not carry over to the 2nd half
- 6 field players (2, 2, 2) and 1 goalkeeper
- Midfield will be the restraining line requiring 2 players to remain behind
- If the ball goes through the netting or leaves the field of play, it will be called like outdoor rules
- Remainder of rules are the same as high school rules

3rd/4th Grade ~ No Standings – No Score Keeping

RULES: Level C rule.

- 22 minute halves
- One time out (one minute in length) per half, they do not carry over to the 2nd half.
- No violation for holding the ball for more than 3 seconds.
- If the ball goes through the netting or leaves the field of play, it will be called like outdoor rules.
- To promote passing and catching skills the 2 Pass Rule will remain in effect. At least three different people must be involved in the sequence of the 2 attempted passes with one being across midfield. The Officials will signal when the two pass sequence has been completed.
- The Goalie on the defensive end must remain in the goal circle until the two passes are completed.
- **Exception:** If the ball is on the turf the Goalie can come out to get the BALL only.
- On offense the ball carrier cannot be double teamed by the defense until they are within 15 yards of the goal circle, unless the offense goes into a stall situation where they are not making an attempt to attack the goal.
- Repeated violations of the shooting space rule within the 8-meter arc, the offensive team will be given free position and be able to shoot on goal.
- Teams that have their Players stand inside the arc or have their Players run into the arc to block the ball-carrier's route to goal will be given free position and be able to shoot on goal.
- No shooting on free positions (Level C) except as specified above.
- **PLAY:** 8 versus 8 = 2 Attack, 3 Midfield, 2 Defense and a Goalie. Two Players must stay behind the restraining line. The restraining line is the half-way line.
- **EQUIPMENT:** Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.
- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.
- Youth sticks (mesh allowed) or regular women's lacrosse, modified pocket.

CHECKING: No checking (Level C). No holding the ball for more than 5 seconds when closely guarded or marked.

5th/6th Grade

RULES: Level B rules

- 22 minute halves
- One time out (one minute in length) per half, they do not carry over to the 2nd half.
- If the ball goes through the netting or leaves the field of play, it will be called like outdoor rules.

To promote passing and catching skills a 2 Pass Rule is in effect. At least three different people must be involved in the sequence of two passes. The Officials will signal when the two pass sequence has been completed.

Exception: A well executed "Give & Go" in the offensive end of the field between two Players.

- The Goalie on the defensive end must remain in the goal circle until the two passes are completed.

Exception: If the ball is on the turf the Goalie can come out to get the BALL only.

PLAY: 8 versus 8 = 2 Attack, 3 Midfield, 2 Defense and a Goalie. Two Players must stay behind the restraining line. The restraining line is the halfway line.

EQUIPMENT: Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.

- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.
- Youth sticks (mesh allowed) or regular women's lacrosse, modified pocket.

CHECKING: No checking.

7th/8th Grade

RULES: Level A with no modifications.

- 22 minute halves
- If the ball goes through the netting or leaves the field of play it will be called like outdoor rules.
- 1 time out (1 minute in length) per half, they do not carry over to the 2nd half
- 6 field players and 1 goalkeeper
- Must make 1 pass on the offensive half before shooting
- The YES rules apply, you may check if the stick is below the shoulder, there is no 5 second closely guarded count

PLAY: 7 versus 7 = 2 Attack, 2 Midfield, 2 Defense and a Goalie. Two Players must stay behind the restraining line. The restraining line is the halfway line.

EQUIPMENT: Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.

- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.