

## 2017 GLL Girls Rules Matrix

uslacrosse.org	10U-Lightning	12U-Junior	14U-Senior
<b>Age Level</b>	3rd, 4th, and 5th grade not to exceed 11 years of age as of June 1st	6th and 7th grade not to exceed 13 years of age as of June 1st.	7th and 8th grade not to exceed 16 years of age as of June 1st.
<b># of Players</b>	6 field players and a goalie	11 field players and a goalie	
<b>Field Size</b>	Short field-sideline to sideline (60-70 yards) with an 8-meter arc, goal circle, and centerline	Regulation field	
<b>Time</b>	(4) 10 minute quarters	(2) 25 minute halves	
<b>Time Outs</b>	(1) 2 minute time out per half		
<b>Half Time</b>	5 minutes		
<b>Clock Stops</b>	Team timeouts, injuries, officials timeouts, and <b>every whistle in the last 2 minutes of each half. Clock stops on every whistle in overtime.</b>		
<b>Special Rules</b>	10 goal differential-clock runs		
<b>Yellow Cards</b>	The player must come off the field but the team may substitute for her. <b>No "man down."</b> Player must serve 2 minute penalty in penalty box (seated or on her knees)	Player will serve 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, player is released and can reenter game or team may substitute at that time. Offending team must maintain 4 players behind restraining line.	
<b>Double Yellow Card</b>	Offending player serves 2 minute penalty in the penalty box (seated or on her knees). After 2 minutes, team may release a substitute and offending player is ejected from current game. <b>(No "man down" at U11.)</b>		
<b>Red Card</b>	Offending player serves 4 minute penalty in the penalty box (seated or on her knees). After 4 minutes, team may release a substitute and offending player is ejected from current game and cannot play in the team's next official game. <b>(No "man down" at U11.)</b>		
<b>Overtime</b>	Up to two three-minute overtimes of sudden victory. If the game is still tied at the end of the second OT, the game ends in a tie during the regular season. During playoffs and championships, subsequent three minute sudden victory overtimes will be played to determine a winner.		
<b>Defense</b>	<b>NO CONTACT</b> -Intentional stick to body or body to body contact of any type is <b>NOT</b> permitted.		
<b>Checking</b>	None	Modified checking; <b>complete</b> stick below the shoulder	
<b>Mercy Rule (draw)*</b>	5 or more goals, losing team gets a free position at center X (indirect). It is the losing team's choice to forego the free position and have a draw.		
<b>Mercy Rule*</b>	If lead is 8 or more, leading team must <b>attempt</b> 4 passes after crossing midfield before shooting	If lead is 8 or more, leading team must <b>complete</b> 4 passes in the offensive end below the restraining line.	
<b>Pass Rule</b>	Team must complete one defined overhand pass made by a player other than the goalie, originating anywhere on the field.	No rule	
<b>Spectators</b>	Must remain on the opposite side of the field as the team benches.		
<b>Coaches</b>	Coaches must stay on their half of the field from their bench to the endline on their side of the playing field. (Coaches may not coach from the substitute or penalty box.) Coach may NOT cross over the centerline toward opponents bench. A maximum of <b>three</b> coaches may be on the bench side of the field. One person may be at the table to keep score or keep penalty clocks only. No one else should be at bench who is not in uniform.		
<b>Officials-Stick Checks</b>	Perform stick checks during pre-game.		

\*NO MERCY RULES DURING PLAYOFFS/CHAMPIONSHIP

[Any rules not specifically addressed on this rules matrix will follow US Lacrosse Youth Rules](#)