



Gwinnett Lacrosse Girls League Rules

The Gwinnett Lacrosse League (GLL) will follow the U.S. Lacrosse rules for youth girl's lacrosse as stated in the 2015 rulebook, which can be found at www.uslacrosse.org. The following GLL rules are to be enforced in addition to the U.S. Lacrosse rules. If the U.S. Lacrosse rules and the GLL rules are not in agreement on any particular issue, then the GLL rules will supersede U.S. Lacrosse rules.

Any changes to the GLL rules must be approved by the GLL executive board.

Lightning – Girls

1. No timing restrictions with the exception of goalie clears. Goalie has 10 seconds to clear the ball after a save. Referee should count down from 10.
2. The game is played as 6 vs. 6 plus a goalie so each team is allowed to have 7 players on the field at a time.
3. The restraining line (can be a dashed line) **is** drawn perpendicular to the boy's midfield line through 'Center X' or the drawn spot. The line must continue from sideline to sideline (in this case, this is the top of the boys 'box'). A team must keep the following in each area: Attack – 2, Defense-3, to include the goalie. The 2 midfielders are the only players with full field access.
4. Field is set to be 60 by 40 yards in dimension and should be placed perpendicular (or cross-field) to the 'normal' playing field (see Figure 1 below). This is typically in the center of the field. A standard girl's goal circle shall be drawn on each of the boy's faceoff wings at the boy's mid-line. An 8-meter arc shall extend out from each goal circle (crease). See item #3 above for restraining line definition.

5. A player must complete one defined overhead pass made by a player other than the goalie originating anywhere on the field. Change of possession on pass rule: if at any time the ball changes possession while a team is attempting a shot, the passes are reset to zero and they must again **complete** 1 pass prior to attempting a shot on goal.
6. **Stick checking is not allowed. If a check occurs, play will be stopped and set up as a major foul.**
7. Ensure fair play via stopping the game and awarding the ball to the offended team if necessary.
8. Draws are done after each goal.

Junior/Senior - Girls

1. No timing restrictions, with the exception of goalie clears. Goalie has 10 seconds to clear the ball after a save. Referee should count down from 10.
2. The game is played as 11 vs. 11 plus a goalie so each team is allowed to have 12 players on the field at a time.
3. Restraining lines are used at this level. Off-sides will be called if more than 8 players are in the defense area and more than 7 players are in the attack area at any given time.
4. Field is set as the standard full size girl's field. Girls goal circle must be used and 12M Fan and 8M Arc must be measured from the girl's crease instead of the boy's crease.
5. (**Seniors Only**): Modified Stick Checking is allowed. The entire stick must be below shoulder level and the check must come from the stick head side of the body. The check must be controlled, downward and away from the body. "No checks will be allowed that are reckless in form, in an upward motion towards the player's face, or checks that come across the player's body".
6. 3-second rule is in place for guarding in the 8m Arc. If a player is in the 8m Arc for more than 3 seconds and she is not defending an opposing player within a stick's length, the opposing team will be awarded a free position at the closest hash mark on the 8m Arc from where the penalty occurred.
7. Draws are done after each goal.

Girls Mercy Rule

1. Applies to all age groups.
2. Mercy rule is applicable at any time during the game.
3. If the score differential is 5 or more goals, the losing team gets a free position at center X. It is the losing team's choice to forego the free clear at center-X and have a draw. If the score differential drops to 4 goals or less, then resume normal game conditions.
4. If the score differential is 8 or more goals in the Lightning Division, the winning team must **attempt** 4 passes after crossing midfield before shooting. In Junior/Senior Divisions the teams must **complete** four passes **BELOW THE RESTRAINING LINE** before shooting. If a goal is scored before the 4 passes, then the goal is disallowed, and the offended team's GOALIE gets possession. There are no passing restrictions for the losing team with the exception of the normal 1 pass rule (Lightning rules #5) If the score differential drops to 7 goals or less, then the passing restrictions are lifted.

A 'dropped' pass does not reset the count. If a team has three (3) completed/attempted passes and misses/drops the fourth pass, the count remains at three (3). Another completed/attempted pass must be done to fulfill the four (4) pass requirement.

If a shot is attempted and missed and the offensive team recovers the ball (either from a rebound or an end-line restart), the count remain at four (4). No reset to zero. If the defense recovers and the offense re-gains possession, the count is reset to zero.

Figure 1
Lightning Girls field Diagram

