

# **CONNYS Guidelines for Girls Youth Lacrosse**

## Addendum and Modifications to US Lacrosse 2010 Official Girls and Women's Lacrosse Rules

### **Table of Contents**

#### **I. Modifications to US Lacrosse Youth Rules by Age Group**

**CONNYS Modifications for Girls U-11 (4<sup>th</sup> Grade)**

**CONNYS Modifications for Girls U-13 (5<sup>th</sup> and 6<sup>th</sup> Grades)**

**CONNYS Modifications for Girls U-15 (7<sup>th</sup> and 8<sup>th</sup> Grades)**

#### **II. Guidelines for Goalies**

**Equipment and Goal Circle Rules**

#### **III. Additional Guidelines for Coaches**

**Mercy Rule**

#### **IV. Important Fouls to Review**

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### **I. Modifications to US Lacrosse Youth Rules by Age Group**

#### **❖ CONNYS Modifications for Girls U-11 (4<sup>th</sup> grade):**

##### **Game and field specs**

- Eleven field players, one goalkeeper (except when agreed upon by coaches prior to the game; if playing a smaller sided game, suggested field players: 7 vs. 7 with goalie; field should also be shortened and new lines designated)
- Full Field
- Regular field markings, including restraining line
- Regulation sticks
- 5 minute warm-up, 20 minute halves, 5 minute half time
- Sub on the fly – there should be a designated substitution area at the midfield for both teams; players coming onto the field cannot do so until the players coming off are completely off the field.
- 2 time outs– one per half - everyone drops sticks where standing

##### **Addendum to Girls Youth Level C Rules:**

##### **2 Pass Rule – after Midfield**

- Clarification: Teams must have two attempted passes after the team crosses the midfield line in order to take a shot. The ball could be dropped and re-scooped by receiver but opposing team cannot touch ball.
- Goalie clear does not count as a pass.
- After a shot is taken, team does not need to start pass count again. They can rebound the ball and taken second shot.

**For fouls committed within the 8M, direct shots are allowed.**

- This modification from level C rules is assuming that there is a properly padded goalie in a regulation size net.

#### **No Checking – clarifications of 3-second count**

- No holding the ball for more than 3 seconds when closely guarded/checked and the defense has both hands on her stick and is in position to legally check were checking allowed. The umpire will give an audible and visible 3 second count. **This rule encourages and rewards good defense!** If the player with the ball takes the stick to the other side of her body, changes directions, spins or turns away from the defender making a legal check impossible, the 3-second count would be over. (2010 *Youth Rules, page 81*)  
Result – change of possession; rewards good defense
- It should be noted that stick-to-stick contact is not necessarily a violation of the no checking / modified checking rule. A defender who is holding her stick in good defensive position may force the attack players to cradle into her stick causing contact. This is not considered a stick check as the attack player initiated the contact, not the defender. (*Guidance – No Checking/Modified Checking, page 93*)

#### **❖ CONNY Modifications for Girls U-13 (5<sup>th</sup> and 6<sup>th</sup> grade):**

##### **Game and field specs**

- Eleven field players, one goalkeeper
- Full Field
- Regular field markings, including restraining line
- 5 minute warm-up, 25 minute halves, 5 minute half time
- Sub on the fly – there should be a designated substitution area at the midfield for both teams; players coming onto the field cannot do so until players coming off are completely off the field.
- 2 time outs– one per half - everyone drops sticks where standing

##### **Addendum to Girls Youth Level B Rules**

##### **No Pass Rule**

##### **No Checking**

##### **Clarifications of 3-second count**

- No holding the ball for more than 3 seconds when closely guarded/checked and the defense has both hands on her stick and is in position to legally check were checking allowed. The umpire will give an audible and visible 3 second count. **This rule encourages and rewards good defense!** If the player with the ball takes the stick to the other side of her body, changes directions, spins or turns away from the defender making a legal check impossible, the 3-second count would be over. (2010 *Youth Rules, page 81*)  
\*\*Result – change of possession; rewards good defense
- It should be noted that stick-to-stick contact is not necessarily a violation of the no checking / modified checking rule. A defender who is holding her stick in good defensive position may force the attack players to cradle into her stick causing

contact. This is not considered a stick check as the attack player initiated the contact, not the defender. (*Guidance – No Checking/Modified Checking, page 93*)

## ❖ CONNY Modifications for Girls U-15 (7<sup>th</sup> and 8<sup>th</sup> grade teams):

### Game and field specs

- Eleven field players, one goalkeeper
- Full Field
- Regular field markings, including restraining line
- 5 minute warm-up, 25 minute halves, 5 minute half time (note: clock stoppage on penalties during the final two minutes of each half)
- Sub on the fly – there should be a designated substitution area at the midfield for both teams; players coming on the field cannot do so until players come off are completely off the field.
- 2 time outs– one per half - everyone drops sticks where standing

### Clarification Girls Youth Level A Rules

#### No pass rule

**Modified Checking** – checking the stick only if the entire stick is below shoulder level. The check must be in a downward direction and away from the body.

## II. Guidelines for Goalies:

### *Rule 2 Equipment and Uniforms, pages 14 and 15*

- Goalies must wear regulation goalie equipment, including a helmet with face mask, a separate throat protector, padded gloves, mouth piece, and a chest protector. In addition, for high school level and below the goalkeeper must wear padding on the shins and thighs. The protective helmet designed for lacrosse, must meet the NOCSAE test standard.
- The Goalkeeper crosse's overall length shall be no more than 35 ½" minimum and 48" maximum.

### Goal Circle Rules:

#### *Rule 5 – Play of the Game, pages 33-35*

- Only one player, either goalkeeper or deputy, is allowed in the goal circle at one time.
- The goalkeeper has ten seconds to the ball after it has entered the goal circle.
- The goalkeeper is allowed to rake the ball with her crosse.
- The goalie may reach out her crosse and bring the ball back into the goal circle provided no part of her body is grounded outside the goal circle.

The goalie is allowed to come out of the goal circle with the ball.

When the goalkeeper is outside of the goal circle:

- she loses all her goalkeeping privileges.
- she may only re-enter the goal circle without the ball.
- she may propel the ball into the goal circle and then follow it in.
- she must return to the goal circle to play the ball if it is inside the circle

### III. Additional Guidelines for Coaches:

#### Primary Responsibility:

- **Keep the players safe!**
- **Enforce the rules in a constructive teaching method!**

Coaches and teams set up on the same side of field. Fans are on the opposite side. Coaches are required to stay on their side of the 50 yard line.

Coaches are not allowed on the field.

Before the start of the game, review rules with referee and both coaches.

If field is not properly marked, coaches should make every effort to designate set boundaries, restraining lines and creases.

- ❖ **Mercy Rule** – In accordance with CONNY’s philosophy for youth lacrosse, a mercy rule of a 4 goal differential should be observed. Coaches should strive to achieve a one goal differential. There should be no blow-out games!!

### IV. Important Fouls to Review

*Rule 6 – Fouls, pages 41 - 47*

- **Illegal cradle:** hold, with or without cradling, the head of her crosse in front of her face, within the sphere or close to her body, making a legal/safe check impossible.
- **Charging:** charge, barge, shoulder or back into an opponent.
- **Obstruction of the Free Space to Goal (Shooting Space):** with any part of her body guard the goal outside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player.
- **3 seconds:** while defending within the 8 meter arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick’s length.  
\*You can not line up defense in front of goal – defenders must be marked up with attack within a stick’s length when within the 8m. Except if marking a player directly behind the goal circle, in which case the defender must shadow the player across the front of the goal circle.  
(Important to note that this defender is still subject to the shooting space rule should the ball be played out in front of the goal.)
- **Crease violation** – players can not step into crease and no part of stick can cross the crease line

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