

Hello coaches. I'd like to clarify MBGLL's checking guidelines.

U9 Recreational	No checking
U11 Recreational	No checking
U13 Recreational	No checking
U15 Recreational	Modified checking
U13 MBGLL Select	Modified checking
U15 MBGLL Select	Full checking if criteria below is met otherwise teams play with modified checking

Definitions

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 - See more at:

<http://www.uslacrosse.org/TopNav2Right/Rules/WomensRules/GirlsRules.aspx#sthash.GPaORTdU.dpuf>

Full Checking (if criteria is met)

There must be 2 USL trained umpires - one of which has a Local rating

*Check to the head is a mandatory Red Card (with wording to differentiate between the incidental contact and inappropriate contact with the head) – See Penalty Section

If you have any questions, please feel free to e-mail rules@mbgll.org.

Kind regards,

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