



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2013 GIRLS GAME DAY RULES

SFYLL is a recreational league. The purpose of the league is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Emphasis should be on having FUN!

ALL DIVISIONS WILL FOLLOW GIRLS YOUTH RULES IN THE 2013 USL WOMENS RULEBOOK WITH SPECIFICATIONS BELOW

U7 & U9

- No checking
- Use regulation sized "soft" lacrosse ball
- Each team may have 1 coach on the field (does not interfere with players or officials)
- 8m free positions are **direct** when **shot blocker** is used- Rolling the ball under the shot blocker does not count as a goal- ball will be awarded to defensive team
- 8m free positions are **indirect** when **flipped goal** is used.
- Modified field- length/width; 8m arc, goal circle, goal line, goal line extended, mid line.
- Youth sticks, mesh allowed, modified pocket
- Carded player leaves field for 2 minute. Substitute must take her place.

U7

- 5 v5, coaches may agree to 7 v 7
- No goalie (use shot blocker or flip goal for V)

U9

- 7 v7 (5 over, 2 back; if no midline- use cones on sideline; no foul- officials & coach give reminders)
- Goalie (if no GK, use shot blocker or flip goal for V)

U11

- 12 v 12; regulation field; 11 field players & 1 goalie
- Regular field markings, including restraining line
- Youth crosse, modified pocket allowed
- No Checking (major foul)
- Carded player leaves field for 2 minutes. Substitute must take her place.

U13 and U15

- 12 v 12; regulation field; 11 field players & 1 goalie
- Regular field markings, including restraining line;
- Modified checking only- checking only when entire crosse is below shoulder level. Check must be in a downward direction away from body. (major foul)
- Coaches permitted from sub area to their end line
- Regulation stick with regulation pocket

Game Duration

U7, U9 & U11: 20 minute running halves; 2 timeouts per game; No overtime if tied

U13 & U15: 25 minute running halves; 2 timeouts

Overtime: One 4 min sudden victory w 1 timeout

All: Clock stops on timeouts and on each whistle in the last 2 minutes of each half unless there is a 10 goal differential

Field Size

U11, U13, & U15: Length: 110 yds (goals 90 yd apart; 10 yds behind each goal) Width: 60 – 70 yds. Restraining line 30 yd above goal line. All regulation lines used.

U7 & U9: Length: 60-70 yds.;

- **All fields must have 4m of clear space around sidelines. Scorer's table, team area, coaching area, and spectators must be clear of this space.**

FOUL Definitions (ALL DIVISIONS)

- **3-Second Position to Check:** Player has an opportunity to legally check the crosse without fouling (the 3-second count starts when the umpire deems that the player with the ball could be legally checked if checking were permitted. Defender must have both hands on her stick.) (minor foul)
- **No deputy:** Official will designate the player to receive the ball. The opposing team may not deliberately block her exit from the goal circle. (major foul)
- **3 Seconds:** while defending within the 8m arc, remain in that area more than 3 seconds unless one is marking an opponent within a stick's length. (major foul) Defense is not exempt by double teaming a non-ball attacker in the arc. Defensive player marking a player directly behind goal is exempt.
- **Goal Circle Foul:** All field players must not enter or have any part of their crosse break the plane of the goal circle including follow through on shots or stepping on the goal circle line .

ALL DIVISIONS

- Mercy rule: when there is a 4 goal differential, the trailing team will start with a free position at the center of the field instead of a draw. **The player taking the free position may run or pass, but may not shoot until the ball has been played.**
- 6 Cones or Pylons: at four corners and each end of sub box
- All spectators must be on the opposite side of the field from the team.
- Jersey color conflict: home team will wear pinnies
- Goalies must wear a helmet, separate throat protector, chin strap, chest protector (wearing the same color jersey as team OVER it), abdominal & pelvic protection, GK gloves, and leg padding on the shins & thighs, and a mouthpiece.
- No jewelry of any kind including newly pierced ears.
- Eye wear and mouthguards are mandatory. Mouth guards may not be clear or white.
- Home team will provide timer/scorekeeper, who will STAY at the midfield sideline between coaching areas. Scorekeeper will notify officials when there is a 4 goal differential.
- Coaches must notify program director if a player, coach, or spectator is ejected from a game