

2018 CGLA Specific Rules

Score is kept at all levels and officials do not keep time. **Player must play in their appropriate age bracket which is determined by an August 31, 2017 cutoff date.**

USL Guidelines	14U	12U	12U	10U	8U
CGLA Guidelines	14U Gold 14U Silver	12U Gold	12U Silver 12U Bronze	10U Gold 10U Silver	8U
Checking Rules	Modified checking below the shoulder. 3 second closely guarded rule is enforced	Modified checking below the shoulder. 3 second closely guarded rule is enforced	No checking. 3 second closely guarded rule is enforced	No checking. 3 second closely guarded rule is enforced	No checking. 3 second closely guarded rule is enforced
Cards	Player who receives a card must leave the field for 2min (yellow) or 4 min (red) of elapsed playing time & team plays short.	Player who receives a card must leave the field for 2min (yellow) or 4 min (red) of elapsed playing time & team plays short.	Player who receives a card must leave the field for 2min (yellow) or 4 min (red) of elapsed playing time & team plays short.	Player who receives a card must leave the field for 2min (yellow) or 4 min (red) of elapsed playing time & team plays short but provide sub for person who receives a yellow or red card.	Cards are not used but offender leaves field for a brief time & team does not play short. Brief Time: 2 min. recommended
Field Dimensions	Must play on regulation size field with all appropriate markings.	Must play on regulation size field with all appropriate markings.	Must play on regulation size field with all appropriate markings.	Play across width of the field; must have goal circles, 8M arc, center circle OR center mark and half field restraining line.	Play across width of the field; must have goal circles, 8M arc and center circle OR center mark.
Players	11 Field Players + goalie	11 Field Players + goalie	11 Field Players + goalie	7 Field Players + goalie	4 Field Players (no goalie)
Coaching Areas	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	Coaches may go from substitution area to end line on their own half of field.	One coach from each team is permitted on the field for the purpose of instructing all players.
Balls & Goals	Regulation balls and goals.	3x3 or 4x4 goal is mandatory. Soft lacrosse ball, tennis ball or other soft athletic ball of similar or larger diameter is recommended. Standard lacrosse balls must not be used at this level.			
Sticks (Appendix C)	Regulation stick and pocket.	Regulation stick and pocket.	Regulation stick and pocket. Stick may be cut to fit under player's arm.	<u>Modified pocket allowed</u> Stick may be cut to fit under player's arm. No limitation on pocket depth.	<u>Modified pocket allowed</u> Stick may be cut to fit under player's arm. No limitation on pocket depth.

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Draws	Draws at start of each half & after goals & players must hold on the restraining line until possession. NO MERCY RULE	Draws at start of each half & after goals & players must hold on the restraining line until possession. May use mercy possession rule when a lead of 4 or more goals exists EXCEPT at End of Season Tournament.	Draws at start of each half & after goals & players must hold on the restraining line until possession. May use mercy possession rule when a lead of 4 or more goals exists EXCEPT at End of Season Tournament.	Draws at start of each half and after goals OR draws at start of each half and goalkeeper clear after each goal throughout rest of game. Players must hold on the 8M arc until possession.	No draw. Possession is determined with a coin toss prior to start of game. Team that wins the coin toss will choose which half they would like to start with the ball. Players will line up on their defensive side of the center mark giving a 4-meter cushion to the offensive team.
Passing Rules	No passing requirements or stipulations	No passing requirements or stipulations	No passing requirements or stipulations	Teams must attempt one pass before going to goal. Violation will result in a turnover; however, officials are not expected to count passes.	Teams must attempt one pass before going to goal. Violation will result in a turnover; however, officials are not expected to count passes.
Contested Ground Balls	No ground ball restrictions	No ground ball restrictions	No ground ball restrictions	No more than 2 players on a contested ground ball.	No more than 2 players on a contested ground ball.
Covering	Not allowed to cover the ball when an opponent is within playing distance.	Not allowed to cover the ball when an opponent is within playing distance.	Not allowed to cover the ball when an opponent is within playing distance.	Not allowed to cover the ball under any circumstances.	Not allowed to cover the ball under any circumstances.
Substitutions	Regular substitution rules.	Regular substitution rules.	Regular substitution rules.	On dead balls, whistle, or goal. May sub on the fly.	On dead balls, whistle, or goal NO live ball substitutions
Game Time (All running)	25 min halves (maximum) 5 min half time May use stop clock last 2 min. of each half	25 min halves (maximum) 5 min half time May use stop clock last 2 min. of each half	25 min halves (maximum) 5 min half time May use stop clock last 2 min. of each half	20 min halves 5 min half time NO stopped clock even in last 2 min.	20 min halves 5 min half time NO stopped clock even in last 2 min.
Timeouts	1 timeout per team per game	1 timeout per team per game	1 timeout per team per game	1 timeout per team per game	1 timeout per team per game
Overtime	No overtime during CGLA regular season play OT is in effect during Post Season Tournament.	No overtime during CGLA regular season play OT is in effect during Post Season Tournament.	No overtime during CGLA regular season play OT is in effect during Post Season Tournament.	No overtime during CGLA regular season play OT is in effect during Post Season Tournament.	No overtime during CGLA regular season play OT is in effect during Post Season Tournament.