

Lax in the Valley 2016

Game Day Rules and Playing Guidelines

All Games

- Other than where noted below, US Lacrosse Girls Youth Rules will apply
- Umpires will keep time on the field.
- Games will start on the hour and half hour and should run 24 minutes.
- All games will end at 24 or 54 after the hour. If a game starts late it will be cut short, ending at 6 minutes before the hour or half-hour.
- Teams should move quickly off and onto the fields to prevent games from starting late.
- If a player needs medical attention during a game call one or both of the numbers listed here or send someone to the HQ Tent (**EMT will be at the HQ tent**)
 - Chris Cahill cell: 609-273-4952 EMT: TBD

3/4 Games

Passes Needed Before Shooting : 2 Passes and they can occur anywhere on the field

Use of Goalies: Games will be played on a modified field. The games will be 7 v 7 (including goalies). If a goalie is not available the cage will be inverted (turned over). No shot stoppers will be used.

Refs will be enforcing 3 second good defense (closely marked): This is a USL rule. I suggest coaches read the description of this rule on page 79 of the Women's Rule Book.

If we are playing without goalies can we add an extra field player? No. Field players will be limited to six.

5/6 Games

Modified Checking (as defined by US Lacrosse) – Regardless of skill at the **U15 level**, full checking will not be allowed this year.

No Passes Required

Refs will be enforcing 3 second good defense (closely marked): This is a USL rule. I suggest coaches read the description of this rule on page 79 of the Women's Rule Book.

7/8 Games

Full Checking (as defined by US Lacrosse)

No Passes Required