



Newtown Recreation YOUTH LACROSSE RULES



9 & 10yr. old (4th/5th Grade) Girls Rules

THE GAME

- Except for the regulations covered in these rules, all rules of the Newtown Recreation Youth Lacrosse League will be those of US Lacrosse.
- Four- 10 minute running clock quarters. Time will only stop for injury time-out. A draw will start each quarter. (Referee will keep the official time)
- Five-minute half time.
- Teams will switch sides of field at halftime.
- Each team will play 7 vs. 7 (1 goalie and 6 field players).
- There will be no draw after a goal- the goalie will clear the ball up the field (like basketball)- play will run continuously. Time will stop only for a time out, quarters or end of the game.
- 2 attack, 2 mid, 2 defense and 1 goalie are allowed on the field- only 4 field players are allowed on each half of the field. Offsides will be called.
- All players must wear goggles and a mouthguard.
- No overtime. Games will end in a tie.
- Missed shot and out of bounds rules apply.
- Players cannot check. Only body/feet defense is allowed.
- 1 pass must be completed on attacking side of the field.
- Players can only hold the ball for 3 seconds while being closely guarded.
- Covers will be called.
- Home team will responsible for providing a sideline manager to assist with scorekeeping and timekeeping.

SUBSTITUTIONS & PLAYING REQUIREMENTS

- Substitutions can be made on the fly or at the discretion of the referee.
- No player will sit out twice until all other players have sat out at least once.
- Coaches should actively rotate players to different positions on the field.

COACHES

- Coaches should occupy opposite halves of the sideline during the game (one team on each side).
- Coaches will remain off the field and on the sidelines during the game.
- No coach, parent, or player is allowed behind the goal during the game.

MISCELLANIOUS

- The Referee will stop play if a player appears to be injured and in danger.
- League Standings are not kept.
- Hard cast and splints will not be permitted on the playing field. Any player with a cast or splint will not be allowed to play.