

**US Lacrosse
Western Maryland Chapter
Fall League Rules
Boys and Girls Rules**

Rules Applying to Both Boys and Girls:

1. Teams on the field consist of 7 v7 with 6 field players and one goal keeper.
2. A keeper is required in every game.
3. Games will be 2 (ea.) 20 minute running time halves with a 10 min half time (no stopping the clock even in final two minutes of play).
4. Score will not be kept.
5. No team timeouts.
6. Officials will start and stop game-no horns will be used.
7. All games will start on the hour or the half-hour depending on traffic.
8. All substitutions are on the fly – no stopping the clock.
9. There is NO 3 pass rule or any minimum amount of passing for any team.
10. Coaches will ensure that the principles of team play and the implementation of a passing game are executed at all times.
11. Coaches will agree which team will be in Black and which team will be in white.
12. Coaches are expected to “play the game” and not permit just running from “coast to coast”. If ‘we’ observe otherwise, coaches will be spoken to by a WMD USL BOD member.
13. Game format is to encourage touch time, equal playing time is strongly recommended
14. Teams must provide their own goalie equipment
15. Sportsmanship is of utmost importance; sportsmanship cards & sideline managers will be enforced.
16. No more than 2 coaches on the sidelines.
17. The spectator areas for the fields are indicated on the field map. All other spectators, parents and siblings will sit **opposite** the bench in the indicated spectator area.
18. No smoking or alcohol allowed at the field site property - please inform your parents.
19. All officials are high school age or older and will be supervised by competent experienced officials - please respect their role as officials and direct concerns to Tom Powell.

Rules Applying to Boys Play of the Game Only:

1. No 20 second or 10 second infractions for not advancing the ball.
2. Body checking is allowed for U11, U13, and U15, but no “take out checks”. 1st infraction is a two-minute non-releasable. 2nd infraction expulsion.
3. For U9, body checking is not allowed, but boxing out is allowed during man-ball situations (setting a pick on the ground ball). It should be noted that players do run into each other and it is possible that no infraction may have occurred.
4. No one handed checks for U9, U11 and U13 age groups.
5. 3 long poles allowed on field including goalie stick – ie. 2 defense, one goalie.
6. Teams must keep 3 players in their defensive half of the field and 2 players in their offensive half of the field during play.
7. Equipment checks at half time for validation, not penalty.
8. Coin toss with captains will determine goal to defend of first alternate possession
9. U9 age group only: For time serving penalties, they will substitute out the offending player and the ball awarded to the offended team with a fast break opportunity starting at midfield with a “chaser”.
10. Faceoff after each goal. During the faceoff, the goalies are to be in the crease, the defense and attack are required to be behind the goal line extended at each end of the field. The goalies, defense and attack must stay begin the GLE until possession is signaled. The midfielders not facing will be behind the midfield wing lines.
11. Other rules associated with equipment, play of the game, fouls, and penalty administration per the NFHS Boys Rule Book.

Rules Applying to Girls Play of the Game Only:

1. U9 and U11 level will not check and will have a 3 second checkable ball possession call.
2. U13 levels will use modified checking and will have a 3 second checkable ball possession call.
3. U15 level only will use full checking.
4. If a penalty resulting in an 8m direct shot was called before the horn and the official is setting up the play, the 8m free position shot will be completed.
5. If a penalty shot resulting in an 8m direct shot was called on the horn and the officials did not begin to setup the play, no shot will occur.
6. Fields are shorter for 7v7 play so center line will be used for off-sides/restraining line; 3 players must stay back at all times (2 field players and the goalie).
7. Other rules associated with equipment, play of the game, fouls, and penalty administration per the US Lacrosse Girls Rule Book.