



2018 US Lacrosse Western Maryland Chapter
Fall League
Boys and Girls General 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. If BOTH Coaches agree, a third midfielder can be added to play 8v8.
 3. 8v8 play is encouraged at the Girls MS & HS Divisions when they have larger team sizes.
 4. A keeper is required in every game 10U & above. If there is no goal keeper, a dead ball in the goal circle goes to the defender for a restart.
 5. Games will be 2 (ea.) 20 minute running time halves with a 5 min half time (no stopping the clock even in final two minutes of play).
 6. Score will not be kept.
 7. No team timeouts.
 8. Officials will start and stop game-no horns will be used.
 9. All games will start on the hour or the half-hour.
 10. All substitutions are on the fly – no stopping the clock.
 11. See the Age specific Matrix for Pass Count Rules following USL Youth Rules Guidelines.
 12. Coaches will ensure that the principles of team play and the implementation of a passing game are executed at all times.
 13. Coaches will agree which team will be in Dark and which team will be in Light.
 14. 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 WMDUSLAX BOD member.
 15. Game format is to encourage touch time, equal playing time is strongly recommended.
 16. Teams must provide their own goalie equipment
 17. Sportsmanship is of the utmost importance; sportsmanship cards & sideline managers will be enforced.
 18. No more than 2 coaches and 1 team manager per team on the sidelines. All adults and players on the players sideline must be registered and listed on the online roster and current USL Members. It is the head coaches’ responsibility to monitor this for their team.
 19. All Coaches & Team Managers Must have a current Background check through US Lacrosse. (No Cost to the Coaches)
 20. 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.
 21. No smoking or alcohol allowed at the field site property - please inform your parents.
 22. 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 at the Main tent area.
 23. If you are upset about something, please wait 24 hours before crafting an email. You will be in a better frame of mind to support your argument.
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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 12U, and 14U, but no "take out checks". 1st infraction is a two- minute non-releasable. 2nd infraction expulsion.
3. For 8U & 10U, 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 8U, 10U and 12U 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 or first alternate possession
9. 8U 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 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.
12. Note the New Age designations USL 14U = 14 & Under = Old U15 = Under 15 etc.

Rules Applying to Girls Play of the Game Only:

1. 6U & 8U will play 4v4 this year on a 60 x 35 yd field (40 yds between goals). Movement for the 4 field players is not restricted by the midfield/restraining line.
2. 8U and 10U level will not check and will have a 3 second checkable ball possession rule.
3. 12U & 14U Girls have merged to form a Middle School Division and will play by USL Girls 14U rules. (Modified Checking, Below the shoulder only)
4. During Draws, all non-midfield players will be confined to the 8-M area, or below the goal line extended until control of the ball is established, or the ball passes below the top of the 8-M arc.
5. 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.
6. 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.
7. For 10U and Up - Fields are shorter for 7v7 play so center line will be used for off-sides/restraining line; Teams must keep 3 players in their defensive half of the field and 2 players in their offensive half of the field during play.
8. High School Girls Division will play by USL High School Rules, with modifications for the small field format.
9. Other rules associated with equipment, play of the game, fouls, and penalty administration per the US Lacrosse Girls Youth Rules Book.
10. Note the New Age designations USL 14U = 14 & Under = Old U15 = Under 15 etc.