

## Girls 5th/6th grade Lacrosse rules- 2009

Play Level B Rules Specifics, with exceptions noted.

1. Level B - 25-minutes running time per half (maximum)
2. Level B - desirable field length is 90 yards between goal lines, 10 yards behind each goal, and 50 yards wide.
3. Running Game clock, except the clock will be stopped on every whistle (to stop play) in the last two minutes of each half. Stop clock after each Goal.
4. All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows
5. There are 11 field players plus a goalie for each team. The lines on either side of the centerline are called restraining lines. Only seven field players from each team are allowed into the offensive side of their restraining line. This prevents congestion in front of the goal. First, second, and thirdhome, also known as "line attack", have roles that are primarily offensive; shooting on goal and feeding cutters. They will typically stay behind their opponents restraining line. The attack wings, center, and defense wings, also known as midfielders, are counted on to play equal parts offense and defense and they run the length of the field. The point, cover point and thirdman, also called line defense, are defensive specialists. They tend to stay behind the restraining line when the ball is on offense. Must have One sub or start a girl down.
6. Protective eyewear required- New rule Goalies will wear shin protection
7. Regular women Lacrosse, modified pocket allowed.
8. NO CHECKING ALLOWED
9. May shoot from direct free positions.
10. Substitutions- Anytime during play, after goal or at halftime, free substitution- enter and exit in substitution area in front of scorers table. Girls need to be within 3 yards of Center.
11. **2 Completed passes** Within the Attack Zone restraining end. Player making pass must be inside Attack Zone.
12. **Officials will indicate number of completed passes by holding up hand and using fingers to indicate number of passes completed. Count will start over if other team gains control of ball.**
13. Counting of Passes will start over when possession changes.
14. Each team is allowed 1 timeout per half and must come after a goal
15. 8m shooting space- will be called
16. Both 3 second rules will be called- A)No holding the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed. (All levels). (Minor Foul) B)Normal 3 second rule within the 8M arc not within a stick length of player they are defending.
17. Side down by 4 or more goals will automatically get draw until score is less than 4 goals. \*\*Since this is youth league team down has option to continue to do draws instead of taking free position.
18. Attack player's body or stick may not cross over the goal circle.