



# Sylvania Recreation 6th/7th/8th Grade Girls Rules

Revised: Spring 2020

**Players:** Games are played with 12 total players on the field (4 Low D, D Wing, Center, A wing, 4 Low A, Goalie)  
Wings=Midfield D=Defense A=Attack (offense)

Each team **MUST** provide a goalie for each game. Goalie equipment will be available to borrow if necessary. **All Goalies MUST wear arm pads.**

**Timing:** The game will consist of two 23 minute running halves. 5 minutes for half time.  
The clock will continue to run after goals. The clock will stop for timeouts.  
Please be ready to begin play at the scheduled start time, the game clock will start on time.  
No overtime  
**Each team will receive one (1) timeout per half.**

**Draw:** A draw will be held at the beginning of each half, and after each goal.  
There is a 6 goal differential, at which point the team that is down 6 goals (or more) will receive the ball at the center circle line. The player will need to pass the ball before shooting.  
The draw will take place at the center circle line between two opposing players.  
A total of 5 players including the player taking the draw may be between restraining lines.

**Field:** Field will be regulation size.

**Penalties:** All players must stop at the whistle.  
TRANSITIONAL CHECKING-check only when down and away from body and outside 12in. sphere  
NO DEPUTY (USING FIELD PLAYER TO BLOCK SHOT IN GOAL CIRCLE)

Major Fouls: The player who committed the foul must move 4 meters behind the opposing player.  
Rough/Dangerous Check- Any rough or dangerous check.  
Three Second Rule-Defender stands in 8 meter arc for 3 seconds unmarked.  
Shooting Space- Blocking a clear and safe shot to goal by using one's body to obstruct shot.  
Repeated Major Fouls and Fouls In Critical Scoring Area-May result in a free shot to goal.

Minor Fouls: The player who committed the foul must move 4 meters in the direction of approach before the foul was committed.  
Covering-Guard a ground ball with her foot or crosse (stick).  
Empty Stick Check- Checking when the player does not have the ball.  
Warding-Player using arm to defend the ball in her crosse.

**\*FREE MOVEMENT - Allowed on a whistle or stoppage of play**

**\*SELFSTART - For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. Self start must be taken within playing distance of the foul. All other players, including offending player must move 4 meters away from the free position as directed. Self start is not an option when game clock is stopped, restraining line violation, alternating possession, inadvertent whistle, or a goal is scored.**

Unsportsmanlike Conduct:

Issued red and yellow cards will result in the player entering the penalty area for 2 minutes, no substitute can take her place.

# Sylvania Recreation 3rd/4th/5th Grade Girls Rules

Revised: Spring 2020

**Players:** Games are played with 8 total players on the field (2 attack, 2 defenders, 3 midfielders, and 1 goalie).

Each team MUST provide a goalie for each game. Goalie equipment will be available to borrow if necessary. **All Goalies MUST wear arm pads.**

**Timing:** The game will consist of two 23 minute running halves. 5 minutes for halftime.

The clock will continue to run after goals. The clock will stop for timeouts.

Please be ready to begin play at the scheduled start time, the game clock will start on time.

No over time

**Each team will receive one (1) timeout per half.**

**Draw:** A draw will be held at the beginning of each half, and after each goal.

There is a 6 goal differential, at which point the team that is down 6 goals (or more) will receive the ball at the center circle line. The player will need to pass the ball before shooting.

The draw will take place at the center circle line between two opposing players.

A total of 3 players including the player taking the draw will be between restraining lines.

**Field:** Field will be modified.

**Penalti:** All players must stop at the whistle.

NO CHECKING FOR 3rd, 4th and 5th GRADE.

NO DEPUTY (USING FIELD PLAYER TO BLOCK SHOT IN GOAL CIRCLE)

Major Fouls: The player who committed the foul must move 4 meters behind the opposing player.

Rough/Dangerous Check- Any rough or dangerous check.

Three Second Rule-Defender stands in 8 meter arc for 3 seconds unmarked.

Shooting Space- Blocking a clear and safe shot to goal by using one's body to obstruct shot.

Repeated Major Fouls and Fouls In Critical Scoring area-May result in a free shot to goal.

Minor Fouls: The player who committed the foul must move 4 meters in the direction of approach before the foul was committed.

Covering-Guard a ground ball with her foot or crosse (stick).

Empty Stick Check- Checking when the player does not have the ball.

Warding-Player using arm to defend the ball in her crosse.

**\*FREE MOVEMENT - Allowed on a whistle or stoppage of play**

**\*SELFSTART - For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. Self start must be taken within playing distance of the foul. All other players, including offending player must move 4 meters away from the free position as directed. Self start is not an option when game clock is stopped, restraining line violation, alternating possession, inadvertent whistle, or a goal is scored.**

Unsportsmanlike Conduct:

Issued red and yellow cards will result in the player entering the penalty area for 2 minutes, a substitute may take her place.