



3rd/4th/5th Grade Girls Outdoor Lacrosse Rules

Revised: 3.28.24

Players: Games are played with 8 total players on the field (2 midfielders, 3 attackmen, 2 defenders and a 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.**

Equipment: ALL players must wear certified lacrosse protective equipment, including protective goggles. All players must have athletic shoes and **mouth guards** to participate in the game. Game officials and Athletic Site Supervisors will determine whether or not a player is in compliance, no exceptions.

Timing: The game will consist of (4) 11-minute running quarters. 2 minutes between quarters and 5 minutes for halftime. The clock will continue to run after goals. The clock will stop for timeouts. Each team will receive one (1) timeout per half.

Please be ready to begin play at the scheduled start time, the game clock will start on time. There will be no overtime in this league. If the game is tied at the conclusion of the game, the game will end in a tie.

Draw: A draw will be held at the beginning of each quarter. 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. 3 players including the player taking the draw will be between restraining lines.

Penalties: All players must stop at the whistle.
Checking is NOT permitted in this league.
A deputy (using a field player to block shots in the goal crease) is NOT permitted in this league.

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 the 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.