

2019 14U MSLax Girls Lacrosse Rules

This document contains MSLax-specific information related to 14U level of play and the 2019 US Lacrosse rules content. Anything highlighted in red is a local MSLax rule override to the US Lacrosse rules content.

2019 FORMAT OVERVIEW

Please note that this is just a guide and the rulesets themselves should be consulted.

14U

- Players: 12v12 includes goalies
- Field Size: 110-140 yards x 60-70 yards
- Equipment: Traditional sticks and balls
- Play of Game: A draw is used to start play. A mercy rule can be applied and transitional checking is allowed.

NOTABLE RULE CHANGES FOR 2019

- a. Introduction of self-start to commence play after a foul or out of bounds.
- b. Creation of a cleared area, the penalty zone applicable for 8-meter penalties at the 10U, 12U and 14U levels.
- c. Introduction of transitional checking at the 14U level.

2019 Points of Emphasis

OBSTRUCTION OF FREE SPACE TO GOAL – OPPORTUNITY TO SHOOT

The Free Space to Goal (shooting space) foul continues to be one of the most difficult rules to understand and officiate in girl's lacrosse. In an effort to clarify the major foul, the 2019 USL Girls Lacrosse Rules Committee is emphasizing the importance of understanding the criteria needed when evaluating the potential foul. The official must first note the location of the ball. The ball must be above the goal line extended and within the critical scoring area. Second, the attacker must be in active pursuit to goal while her hands, stick and feet are in position to shoot safely. If there are players in the lane to goal, a safe shooting opportunity does not exist. This action must be created by the attacker showing engagement to goal, and the call must be made if the defense is in illegal defensive positioning.

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ROUGH AND DANGEROUS PLAY

Rough and dangerous play is a priority of the USL Girls Lacrosse Rules Committee, not only because it disrupts the flow of play, but because it also places the player(s) at risk for injury. Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous or intimidating manner must be called. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body. Any other action with the crosse in which the official's opinion amounts to dangerous or intimidating play should be considered rough and dangerous. Officials should consider carding players who continually commit rough and dangerous fouls. Consistent officiating of rough and dangerous play will not only decrease the risk of injury, but also improve overall game management.

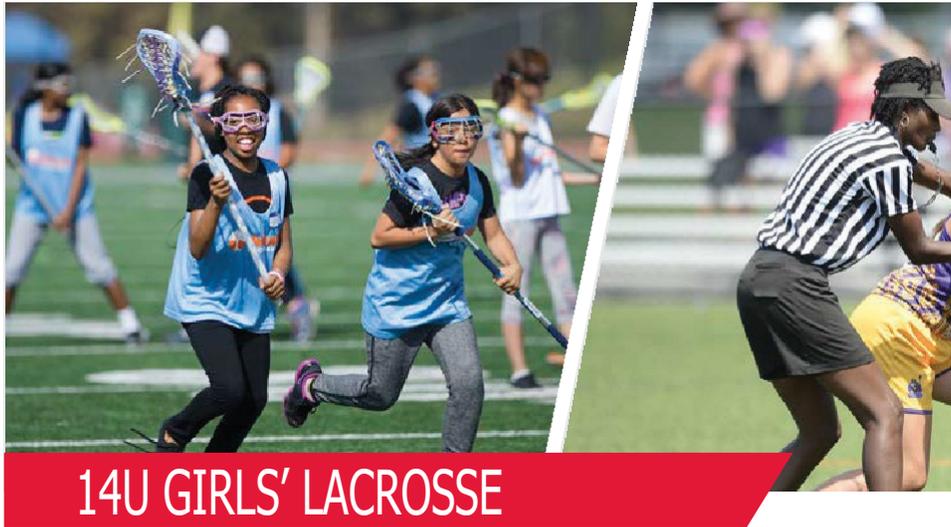
EMPTY STICK CHECK – INTENTIONAL VS. INCIDENTAL CONTACT

This point of emphasis is to clarify incidental versus intentional stick contact during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with the opponent's crosse in an effort to prevent her from gaining possession. The Official must be able to evaluate the intent of the player initiating the contact. In addition, an area of particular concern is during the draw. When the ball is in the air, an empty stick check should only be called when a player's action is to intentionally check her opponent's stick to prevent her from gaining possession.

PROFESSIONALISM

US Lacrosse continues to encourage all coaches, players, Officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and Officials.

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14U GIRLS' LACROSSE

In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2019 NFHS rule book apply. For further clarifications, please contact girlsrules@uslacrosse.org

Philosophy of 14U Lacrosse

14U lacrosse is where young athletes begin emerging into a competitive environment. The game they play should be reinforcing fundamental technical skills and practical tactical applications for playing lacrosse. Essentially, they are preparing to be competitors.

With respect to the competition at this level, coaches, parents, and Officials should emphasize:

- Fun
- Using technical skills in game situation
- Exploring and applying new tactical skills
- Sportsmanship

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Age and Eligibility

Player must be 13 years old or younger on August 31 of the year preceding competition at the 14U level. Ideally, players should be playing in single age classifications.

14U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

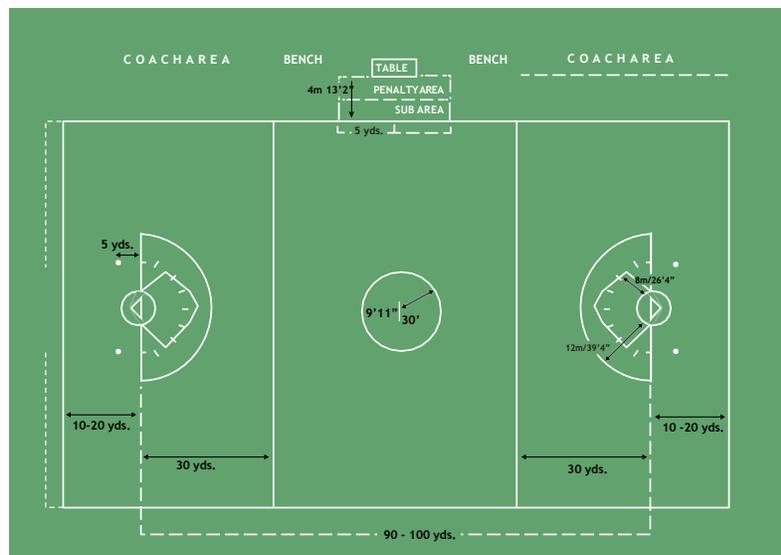
- 12v12 includes goalies (full field)
- Traditional stick and balls
- Officials are required
- Score can be kept

14U GIRLS' RULES OVERVIEW

- Traditional line up for draw
- Draw after goals, mercy rule applies
- Transitional checking

RULE 1: The Playing Area and Goals

THE FIELD DIAGRAM



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1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 110-140 yards max in length and 60 -70 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2-4 inches in width. Note: the 8-meter arc, 12 meter fan and a restraining line are included at this age.

1.2 - GOAL CIRCLE

The goal circle shall have an 8.5 radius and may be painted on filed or marked with flat disc cones.

1.3 - GOALS

6 x 6 is the regulation goal for this age group.

RULE 2: Equipment and Uniforms

2.1 - BALLS

Ball must meet NOCSAE specifications.

2.2 - THE LACROSSE STICK

Existing USL specifications for lacrosse sticks. See Appendix C for more detailed equipment specifications.

2.3 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

2.4 - GOALKEEPER EQUIPMENT

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, pelvic protector and padding on the shins and thighs.

The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. Please see Appendix C for specifications and guidelines for goalkeeper equipment.

RULE 3: Game Personnel

3.1 - NUMBER OF PLAYERS

12 v 12 players (11 Field and 1 goalkeeper) from each team on the field at a time.

3.2 - COACHES

The coach must remain on the sideline in the coaches' box and team area.

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33 - OFFICIALS

Officials are required for this level of play. USL recommends 2 certified Officials on the field for competition.

34 - TIME KEEPER

A staffed table for score and timekeeper.

35 - SCORE KEEPER

Scores are kept at this level.

RULE 4: Time Factors and Scoring

41 - LENGTH OF THE GAME

A competition will consist of two (2) twenty-four minute running time halves, with a five minute halftime period. Stop time in last 2 minutes of each half by Ref stoppage/ 5-minute halftime.

42 - TIMEOUTS

Teams will have two (2) two-minute timeout per game. The clock shall only stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

43 - OVERTIME

Overtime shall not be played at this age group.

44 - SCORING

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

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RULE 5: Play of the Game

5.1 - COIN TOSS

Prior to the start of competition, the officials will call one player from each team and conduct a coin toss. The winner of the coin toss can choose direction of play or have the first Alternating Possession.

5.2 - START OF GAME OR HALF

The competition is started with each team placing 11 field players and a goalkeeper on the field to start the game. 3 field players from each team will be positioned around the draw circle for the draw. The players behind the restraining lines must hold until the Official has signaled that possession has been attained.

5.3 - RESTART AFTER A GOAL IS SCORED

After a goal is scored, the competition will restart with a 3v3 draw at the center. The Mercy Rule: if a team is winning by four or more goals, the trailing team can elect to take an indirect free position at the draw center.

If up by 8+ goals, **recommendation** that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.

5.4 - RESTARTING PLAY - SELF-START (NEW for 2019)

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. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self-start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.



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NOTE : The player taking the free
position may wait until all players
are moved 4 meters away, and
then play may commence on the
Officials' whistle.



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5.5 - OUT OF BOUNDS

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, come in bounds relative to the spot from where the ball went out of bounds, and may commence play with a self-start within 2 meters of the boundary line from a settled stance. NOTE: Out of bounds as a result of a shot on goal results in possession to the player closest to the ball. If the goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play on the whistle.

5.6 - RESTRAINING LINE

5 players behind line when ball in offensive end, 4 players behind when ball is in defensive end.

5.7 - GOAL CIRCLE RULES

No player other than the goalkeeper or deputy goalkeeper (deputy goalkeeper is a field player allowed to enter the goal circle when the goalkeeper has left the goal circle when her team is in control of the ball) may enter the goal circle at any time. Additionally, a player may follow through into the goal circle on a shot.

5.8 - ALTERNATE POSSESSION

Alternate possession should be used when an Official cannot determine who should be awarded the ball or if off-setting fouls occur. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

5.9 - SUBSTITUTION PROCEDURES

Coaches should emphasize regular substitutions focusing on player development in multiple positions on the field. Substitutions can occur after goals or during play.

RULE 6: Fouls

At this level of play fouls fall into 3 categories:

- 1) **Minor (misplay, procedural)**, penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle
- 2) **Major (safety)**, penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle.
- 3) **Cardable/Misconduct (excessive)**, penalty administration is a card. Ball is no closer than 8 meters to the goal circle. For a card, the player will serve a specific time penalty AND the team will play short.

CARDS: A player will serve 2 minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.

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Minor

6.1 - CONTESTED GROUND BALLS

USL/NFHS rules for ground ball play at this level.

6.2 - COVERING THE BALL

Players are not permitted to cover the ball with their stick or body when an opponent is within playing distance.

6.3 - MINIMUM PASS RULE - None

6.4 - 1 V 1 DEFENSE - No longer applies.

6.5 - GOALKEEPER FOULS

The goalkeeper must not:

- a) Allow the ball to remain in the goal circle longer than 10 seconds.
- b) Step back into the goal circle when she has possession of the ball.

She or a teammate may not return the ball to the goal circle, (carrying or rolling) until the ball has been played by another player from the opposing team.

Major

6.6 - RESTRAINING LINE VIOLATION

5 players behind line when ball in offensive end, 4 players behind when ball is in defensive end.

6.7 - 3 SECONDS IN THE ARC (DEFENSE)

Defenders cannot remain inside the 8m arc unless marking an opponent within a stick's length. More than one defender can mark the ball carrier in the 8m. However, more than one defender can mark the ball carrier in the 8 meter as long as they are within a stick's length.

6.8 - SHOOTING SPACE

Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.

6.9 - GOAL CIRCLE VIOLATIONS

No player other than the properly equipped goalkeeper may enter the goal circle at any time. Offensive players may follow through into the goal circle on a shot.

Major or Cardable

6.10 - CONTACT

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

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6.11 - ILLEGAL CHECK (NEW for 2019)

Transitional Checking - An attempt to dislodge the ball from an opponent's crosse in which the checking movement is down and away from the body and outside a 12-inch sphere surrounding the head is allowable. The checking motion may not reach across an opponent's body. Any check into the sphere constitutes an illegal check. Check to the Head and a Slash are mandatory cards.

Cardable

6.12 - SHOOTING FOULS

Players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots. Dangerous Propel and Dangerous Follow Through are mandatory cards.

Dangerous Shot: shoot dangerously or without control at the goalkeeper.

1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

6.13 - UNSPORTSMANLIKE CONDUCT

Players are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language, or obscene gestures by players or coach shall result in a penalty.

Penalty Administration for Major Fouls in the 8-meter arc:

For a major foul by a defense player which occurs in the 8-meter arc:

- a. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc with her feet behind the arc.
- b. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
- c. All players' and sticks must be 8 meters away from the goal circle above goal line extended and the area created by the extension of the 8-meter mark to the dots and across the dots.
- d. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
- e. All players must take the shortest route out.
- f. A defender may take the ball side position on the adjacent hash if that is her shortest route out.