

2025 Game Day Rules



JTAA follows the general guidelines found in the “Girls Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”

Game Length

- **6U – 15 min Running halves** FIVE MINUTE HALF; ONE 1min T/O PER GAME
- **9U-; 20 min Running halves** FIVE MINUTE HALF, TWO 1min T/O PER GAME, NO T/O Last FIVE MIN of 2nd half
- **12U 20 Min Running halves**, FIVE MIN HALF, TWO 1min T/O per game, no T/O last FIVE MIN of 2nd half
- **15U; 25 min running halves** 5 MIN HALF, TWO 1min T/O PER GAME per game
 - **BRAVEHEART OT**
 - **NO T/O ALLOWED WHEN PLAYER IS SERVING YELLOW CARD**
 - Game Can End in Tie, NO OT, if Coaches Agree

All Games are Running Time. All Subs on the Fly or after goals. Clock Does Not Stop with T/O (**except for injury**)

OVERTIME - (6U, 9U, 12U, 15U) ALLOWED if COACHES AGREE; FOUR MIN SUDDEN VICTORY

CONTACT

NO STICK TO BODY CONTACT INITIATED BY THE DEFENSE

- **6U and 9U** No checking allowed, 3 second defensible position called.
- **12U–** Modified Checking is Allowed Per USA Lacrosse RULES, entire stick must be below the shoulder for checking to be legal.
- **15U –** Transitional checking, full checking allowed outside 12” sphere.

ONE PASS RULE – (6U, 9U, 12U):

- ONE PASS ATTEMPTED OVER MIDFIELD LINE AFTER DRAW and RESTART; NO GOAL W/O PASS, INFORM TABLE OFFICIAL

2025 Game Day Rules



JTAA follows the general guidelines found in the “Girls’ Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”

Field Size and Players

- **6U** – 5v5 with Goalie or Shot Blocker (Coaches Determine to Start Game);
- **9U**– **7v7 Small Field Format 6 players + hector or GK**
- **12u 7V7 Small Field Format 6 players + hector or GK**
- **15U– 12v12, Full Field Format**
 - Teams: 11 field players; goalie. 4 in offensive third; 3 in center circle; 4 on defense for draw.
 - 7 players on offense; 8 players (including goalie) on defense

COACHES on the FIELD

- **6U**– One coach per side allowed
- **9U** One coach per side allowed
- **12U** No coaches allowed
- **15U**– No Coaches allowed

PLAYER EQUIPMENT

- Goggles and mouthguards required; Headgear is allowed, but optional.
- No jewelry allowed
- U6 and U9 modified pocket allowed
- U12 and U15 regulation pocket

GOALIES

- **GOALTENDERS SHOULD BE USED AT U15 IF POSSIBLE**
- **HELMET, GLOVES, CHEST PROTECTORS, THROAT PROTECTORS, PER USA LACROSSE GUIDANCE**

2025 Game Day Rules

JTAA follows the general guidelines found in the “Girls’ Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”



Draws - Re-starts

- **(6U, 9U, 12U) – Draws to Restart After Every Goal Unless Coaches Modify**
- **15U Draws Will Start Play After Every Goal per USA Lacrosse**

GOALS – GOAL CIRCLE

Goal is scored when BALL completely crosses the goal line

Goalie is only player allowed in goal circle

Goal may only be scored with a field player’s stick; no goal with goalie stick; coming off a player’s body or kicked ball.

PENALTIES

- **6U** – Yellow cards, player comes off field, may be replaced
- **9U** – Yellow cards, player comes off field, may be replaced
- **12U**–Yellow cards, team plays down in offense and defensive thirds, red cards, player ejected for the rest of the game and next game.
- Automatic yellow cards: Check to the head, Slash, Dangerous follow-through, Dangerous propel, and Dangerous contact.
- **2:00 penalty. RELEASES WITH GOAL**



MERCY RULE

- **ALL AGE DIVISIONS** – WITH 4 GOAL LEAD, TRAILING TEAM MAY ELECT FOR POSSESSION AFTER EVERY GOAL UNTIL SCORE IS LESS THAN 4 GOAL DIFFERENTIAL.

2025 Game Day Rules

JTAA follows the general guidelines found in the “Girls’ Lacrosse Rules Book” (National Federation of State High School Associations/US Lacrosse) including the section on Youth Lacrosse. Minor differences and highlights are outlined here in the “JTAA Game Day Rules”



2025 POINTS of Emphasis

“2025 Game Day Rules” is an Evolving Document based on the USA Lacrosse Girls’ Rules and Modified to Meet Our Specific Needs as a True Recreational / Instructional Youth Developmental Lacrosse Program.

Our Rules are Designed For SAFETY and FAIR PLAY FIRST. As Such, 2025 Game Day Rules May Evolve as the Season Progresses to Further Support SAFETY and FAIR PLAY.

- **YOUTH OFFICIALS** – We are a Developmental League for Players and For Youth Officials. Our Youth Officials Are Fully Certified Per USA Lacrosse.
- Concerns about Youth Officials should be directed to LEAGUE DIRECTOR and Youth Referee Trainer (Pat Dolezal, and Cheryl Snedeker, 2025)

SPORTSMANSHIP and CONDUCT

We are a **ZERO TOLERANCE** League for Unsportsmanlike Conduct.

- Players, Coaches, Spectators, and Staff Can Be Ejected for Conduct Unbecoming the Spirit of the League.
- **COACHES are Responsible for the Conduct of Their Players and Their Staff.**
- PARENTS / SPECTATORS / FANS – MUST BE ON THE OPPOSITE SIDE OF THE FIELD FROM PLAYERS, and SHOULD NOT ENGAGE WITH PLAYERS, OFFICIALS, COACHES, or STAFF DURING or AFTER GAME PLAY.
- ANY ISSUES PURSUANT TO THE ABOVE SHOULD BE REPORTED AT ONCE TO LEAD OFFICIALS, OR JTAA LACROSSE BOARD MEMBERS PRESENT
- ATTENDING BOARD MEMBER WILL ATTEND TO MATTER PER JTAA POLICY

Category	USL 6U & 8U	USL 10U	USL 12U	USL 14U
Players	4v4 / No GK	8v8	8v8 or 12v12	12v12
Field Size	Cross Field	Cross Field	8v8 - Cross or 12v12 - Full	Full field
Field Lines	No 8 m or restraining line	8 M arc Restraining line	8m Arc (Cross-field) NFHS	NFHS
Balls	Soft ball	NFHS	NHFS	NFHS
Sticks	No pocket limits	Modified pocket	NFHS Pocket	NFHS Pocket
Length of Game	4 x 8 running	4 x 10 running	4 x 10 running	4 x 12 running
Timeouts	1 team timeout	1 team timeout	2 team timeouts	2 team timeouts
Overtime	No overtime	No Overtime	2 x 3 min, sudden victory	2 x 3 min, sudden victory
Start of Game and Half	Coin toss Players lineup in defensive end to start	Draw to start and after goals	Draw to start and after goals	Draw to start and after goals
Start After Goal	Ball to defender to side of goal circle	Draw	Draw	Draw
Restraining Line	None	Midline (5 A and D ahead, +GK)	NFHS	NFHS
Cards	No cards, teams do not play short	Cards, but team does not play short	NFHS Cards	NFHS Cards
Covering Ball	No covering ball at any time	No covering ball at any time	No covering ball if opponent in playing distance	No covering ball if opponent in playing distance
1 v 1 Defense	1v1 defense required	1v1 defense in midfield	Not required	Not required
Checking	No checking	No checking	Modified checking	Transitional checking