

## 2026 U.L.A. Girls Rules: 3rd/4th Grade Conference

**ULA Mission Statement:** *The Upstate Lacrosse Association (ULA), by teaching the fundamentals and foundations of lacrosse, strives to provide the youth players of Central New York with a healthy, positive, and safe learning environment in which the game of lacrosse will be taught, played, and enjoyed while instilling good sportsmanship, teamwork, discipline, charity, and integrity.*

<b>Grade Levels</b>	<p>Players in 3rd or 4th grade during the 2024-2025 School Year.            A player may play at only one grade level per year.            A 2nd grader can play at the 3/4 level if agreed upon by the player's coaches and parents.</p>
<b>Equipment</b>	<p>-Mouth guards and approved goggles/headgear are mandatory at all levels. Close fitting gloves and soft headgear are permitted for field players.            -SEI certification and verification is required for girl's goggles and headgear; headgear must meet current safety requirements.            -Per NFHS/USA Lacrosse/Section 3/NYS requirements, goalies must wear a mouthguard, helmet w/ face mask, separate throat protector, chest protector w/ EKG panel, abdominal and pelvic manufactured protection, arm and shoulder padding, goalie gloves and leg padding on shins and thighs.            -Youth sticks (mesh allowed) or regular women's crosse with modified pocket are permissible.</p>
<b>Field Specifications</b>	<p>-Desirable field length is 60 yds. between goal lines, 10 yds. behind each goal, 45 yds wide.            -5' by 5' goals are recommended and MUST be used when available.            -Field markings will include 2 creases (radius 2m) w/ a goal line each, one 8 m arc for each goal.            -The midfield line serves as the restraining line.            -Spectators must be seated on the opposite side of the field from the team benches.</p>
<b>Players</b>	<p>-8 vs. 8 (2 attackers, 3 midfielders, 2 defensive players, and 1 goalie).            -two (2) players must stay behind the restraining line.</p>
<b>Duration of Play</b>	<p>-Four 5 minute periods; a 5 minute halftime; followed by four 5 minute periods.            -Play will be stopped at a point when there is no scoring opportunity for substitutions.            -No subbing "on the fly" so teams may only sub at the end of each period.            -The game clock will be stopped for 30 seconds while the players exit/enter the field.            -Each period will start with a draw.            -No Overtime.</p>
<b>Coaches</b>	Coaches are allowed on the field of play for the purpose of providing instruction to the players.
<b>Rules</b>	USA Lacrosse 10U Rules; with modifications
<b>Scoring</b>	<p>-Score will ALWAYS reset at halftime            -A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse and not off the body of an attack player. A goal may be scored off the defender's body or crosse.            -4 Goal Rule: If a team is losing by 4 or more goals, the draw control may be suspended and the ball awarded to the team that is behind in the score at the center of the draw circle in an Indirect Free Position. The coach of the team that is losing by 4 or more goals may request to maintain the draw control instead of automatically taking possession of the ball.</p>

<b>Pass Rule</b>	<p>-2 Pass Rule: At least <b>3</b> different players must be involved in the sequence of the <b>2</b> attempted passes</p> <p>-The game officials will signal when the <b>2</b> pass sequence has been completed, by saying “you’re hot.”</p>
<b>Checking</b>	<p>-NO checking is allowed.</p> <p>-No holding the ball for more than 3 seconds when closely guarded or marked.</p>
<b>Game Play</b>	<p>-No face-guarding or “shutting off” by the defensive team/players anywhere on the field once possession is gained and prior to the offensive team completing their 2 pass attempts.</p> <ul style="list-style-type: none"> <li>● <b>Exceptions:</b> A defensive player may face-guard or “shut off” an offensive player at any time if the offensive player is inside of the 8 meter area, or once the offensive team has completed their 2 pass attempts.</li> </ul> <p>-The defensive goalie may not leave her crease to play individual or team defense prior to the offensive team completing their 2 pass attempts. The defensive goalie may, however, exit her goal circle to “back up” a shot taken by the offensive team, pick up a loose ground ball near the goal circle, and/or to assist her team in clearing the ball.</p> <p>-On offense, the ball carrier cannot be doubled teamed until they are within 15 yards of the goal circle, unless the offense goes into a stall situation where they are not making an attempt to attack the goal. The game officials will signal when they determine that the offense is stalling.</p> <p>-Teams who have their players stand inside the 8 meter arc or have their players run into the arc to block the ball carrier’s route to the goal will be given free position on the 8 m arc.</p> <p>-No cards will be awarded (teams will not plan short)</p> <p>-Self Start: settles stance and go (no whistle)</p> <p>-No goalie deputies allowed.</p>
<b>Sportsmanship</b>	<p>-Spectators should refrain from yelling at players to shoot regardless of the number of passes.</p> <p>-Spectators should offer only positive comments to the players on both teams.</p> <p>-Coaches and officials will work together as partners to promote safe play and a positive learning environment for all players.</p> <p>-In the course of a game, all players should be playing multiple positions to develop well rounded players who have a variety of lacrosse skills.</p> <p>-Playing time for all players should be as equal as possible.</p>

*Revised June 4, 2025-  
Please note- no  
changes from made  
from 2024*

## 2026 U.L.A. Girls Rules: 5th/6th Grade Conference

**ULA Mission Statement:** *The Upstate Lacrosse Association (ULA), by teaching the fundamentals and foundations of lacrosse, strives to provide the youth players of Central New York with a healthy, positive, and safe learning environment in which the game of lacrosse will be taught, played, and enjoyed while instilling good sportsmanship, teamwork, discipline, charity, and integrity.*

<b>Grade Levels</b>	<p>Players in 5th or 6th grade during the 2024-2025 School Year.            A player may play at only one grade level per year.            A 4th grader can play at the 5/6 level if agreed upon by the player's coaches and parents.</p>
<b>Equipment</b>	<p>-Mouth guards and approved goggles/headgear are mandatory at all levels. Close fitting gloves and soft headgear are permitted for field players.            -SEI certification and verification is required for girl's goggles and headgear; headgear must meet current safety requirements.            -Per NFHS/USA Lacrosse/Section 3/NYS requirements, goalies must wear a mouthguard, helmet with face mask, separate throat protector, chest protector w/ EKG panel, abdominal and pelvic manufactured protection, arm and shoulder padding, goalie gloves and leg padding on shins and thighs.            -Youth sticks (mesh allowed) or regular women's crosse with modified pocket are permissible.</p>
<b>Field Specifications</b>	<p>-Full field (including restraining lines, draw circle, 8 m arcs, 12 m fans, creases)            -6'x6' goals            -Spectators must be seated on the opposite side of the field from the team benches.</p>
<b>Players</b>	<p>-12 vs. 12 (includes 1 goalie).            -four (4) players must stay behind the restraining line.</p>
<b>Duration of Play</b>	<p>-Four 12 minute periods; running time.            -2 minutes in between quarters; 5 minute half time.            -If there is an 8 meter call at the end of the period, that play will be run.            -There will be 1 timeout per half or as agreed upon by the coaches and officials due to the weather.            -Each period will start with a draw.            -No Overtime.</p>
<b>Coaches</b>	Coaches are allowed on the field of play for the purpose of providing instruction to the players.
<b>Rules</b>	USA Lacrosse 12U Rules; with modifications
<b>Scoring</b>	<p>-Score will ALWAYS reset at halftime            -A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse and not off the body of an attack player. A goal may be scored off the defender's body or crosse.            -4 Goal Rule: If a team is losing by 4 or more goals, the draw control may be suspended and the ball awarded to the team that is behind in the score at the center of the draw circle in an Indirect Free Position. The coach of the team that is losing by 4 or more goals may request to maintain the draw control instead of automatically taking possession of the ball.</p>

<p><b>Pass Rule</b></p>	<p>-1 Pass Rule: When the defensive team gains control of the ball, they must attempt one pass after they have passed the first restraining line on their offensive end of the field.</p> <p>-If a shot is taken in the offensive end and the defense gains control of the ball and then loses the ball again, one pass must be attempted by the team regaining possession.</p> <p>-The game officials will signal when the <b>1</b> pass sequence has been completed, by saying “you’re hot.”</p>
<p><b>Checking</b></p>	<p>-Modified checking is allowed.</p> <ul style="list-style-type: none"> <li>● Modified checking is controlled contact with the ball carrier’s stick if the contact is <i>below the shoulder and away from the body</i>.</li> </ul> <p>-No holding the ball for more than 3 seconds when closely guarded or marked.</p>
<p><b>Game Play</b></p>	<p>-The goalie on the defensive end of the field must remain in the goal circle until the pass is completed.</p> <ul style="list-style-type: none"> <li>● Exception: If the ball is on the ground, the goalie may come out to get the ball only.</li> </ul> <p>-No doubling by the goalie is allowed.</p> <p>-Cards may be awarded in alignment with NFHS carding procedures; team will play short for 1 minute. <i>The 1 minute does not start until play restarts.</i></p> <p>-When a team has been issued 3 yellow cards during a contest, the team will play short for the remainder of the game.</p> <p>-Self Start: settles stance and go (no whistle)</p> <p>-No goalie deputies allowed.</p>
<p><b>Sportsmanship</b></p>	<p>-Spectators should refrain from yelling at players to shoot regardless of the number of passes.</p> <p>-Spectators should offer only positive comments to the players on both teams.</p> <p>-Coaches and officials will work together as partners to promote safe play and a positive learning environment for all players.</p> <p>-In the course of a game, all players should be playing multiple positions to develop well rounded players who have a variety of lacrosse skills.</p> <p>-Playing time for all players should be as equal as possible.</p>

Revised June 4, 2025-  
Please note- no changes  
from made from 2024

## 2026 U.L.A. Girls Rules: Modified Conference

**ULA Mission Statement:** *The Upstate Lacrosse Association (ULA), by teaching the fundamentals and foundations of lacrosse, strives to provide the youth players of Central New York with a healthy, positive, and safe learning environment in which the game of lacrosse will be taught, played, and enjoyed while instilling good sportsmanship, teamwork, discipline, charity, and integrity.*

<b>Grade Levels</b>	<p>-Players in 7th or 8th grade during the 2024-2025 School Year. For the 2026 Season: a 9th grader who are new to the game or still learning the game of lacrosse, are eligible to participate in the ULA on their respective Modified ULA team. Consideration should be given to freshmen who played at the modified or freshman level during the 2025 school year.</p> <p style="padding-left: 40px;">Coaches will inform the ULA, opposing coaches, and game officials if they have a rostered 9th grader on their team.</p> <p>A player may play at only one grade level per year. A 6th grader can play at the modified level if agreed upon by the player's coaches and parents.</p>
<b>Equipment</b>	<p>-Mouth guards and approved goggles/headgear are mandatory at all levels. Close fitting gloves and soft headgear are permitted for field players.</p> <p>-SEI certification and verification is required for girl's goggles and headgear; headgear must meet current safety requirements.</p> <p>-Per NFHS/USA Lacrosse/Section 3/NYS requirements, goalies must wear a mouthguard, helmet with face mask, separate throat protector, chest protector w/ EKG panel, abdominal and pelvic manufactured protection, arm and shoulder padding, goalie gloves and leg padding on shins and thighs.</p>
<b>Field Specifications</b>	<p>-Full field (including restraining lines, draw circle, 8 m arcs, 12 m fans, creases) with 6'x6' goals.</p> <p>-Spectators must be seated on the opposite side of the field from the team benches.</p>
<b>Players</b>	<p>-12 vs. 12 (includes 1 goalie).</p> <p>-Four (4) players must stay behind the restraining line.</p>
<b>Duration of Play</b>	<p>-Four 12 minute periods; running time.</p> <p>-2 minutes in between quarters; 5 minute half time.</p> <p>-If there is an 8 meter call at the end of the period, that play will be run.</p> <p>-There will be 1 timeout per half or as agreed upon by the coaches and officials.</p> <p>-Each period will start with a draw.</p> <p>-No Overtime.</p>
<b>Rules</b>	USA Lacrosse 14U Rules; with modifications
<b>Scoring</b>	<p>-Score will ALWAYS reset at halftime</p> <p>-A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse and not off the body of an attack player. A goal may be scored off the defender's body or crosse.</p> <p>-4 Goal Rule: If a team is losing by 4 or more goals, the draw control may be suspended and the ball awarded to the team that is behind in the score at the center of the draw circle in an Indirect Free Position. The coach of the team that is losing by 4 or more goals may request to maintain the draw control instead of automatically taking possession of the ball.</p>

<b>Checking</b>	<p>-Transitional Checking</p> <ul style="list-style-type: none"> <li>● When 2 officials are present.</li> </ul>
<b>Game Play</b>	<p>-Cards may be awarded in alignment with NFHS carding procedures; the team will play short for 1 minute. <i>The 1 minute does not start until play restarts.</i></p> <p>-When a team has been issued 3 yellow cards during a contest, the team will play short for the remainder of the game.</p> <p>-Self Start: continuous play</p> <p>-No goalie deputies allowed.</p>
<b>Sportsmanship</b>	<p>-Spectators should refrain from yelling at players to shoot regardless of the number of passes.</p> <p>-Spectators should offer only positive comments to the players on both teams.</p> <p>-Coaches and officials will work together as partners to promote safe play and a positive learning environment for all players.</p> <p>-In the course of a game, all players should be playing multiple positions to develop well rounded players who have a variety of lacrosse skills.</p> <p>-Playing time for all players should be as equal as possible.</p>

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