

	1/2 GRADE	3/4 GRADE	5/6 GRADE	7/8 GRADE	3/4 & 5/6 SELECT	7/8 SELECT
FIELD LAYOUT	60-70 x 35-45 yards. No 8 & 12-meter marks. 4'x4' or 6'x6' goals. Midfield is restraining line		Regulation Field: 6'x6' goals			
NUMBER OF PLAYERS	8v8 (7+G). 5 players over restraining line		12v12 (11+G). 7 players allowed over restraining line.			
GAME DURATION & TIME OUTS	Two 25-minute halves and 5-minute halftime for all grade levels (can be modified due to high temperatures). If time runs out during a free position attempt, the offensive player is allowed to complete the attempt. Time Outs: 1/2 & 3/4: None; 5/6 & 7/8 (including 3/4 Select): 1 per half; not during the last two minutes of the half or game.					
OVERTIME	Overtime for Select Games Only: 3-minute golden goal period, then Braveheart if needed. <i>Details below.</i>					
START & RESTART	For all grades, draws start play & restart play after a goal.					
FIELD PLAYER & GOALIE EQUIPMENT	Approved eye protection & mouth guards, no jewelry, headgear is optional. Regulation girls lacrosse stick and pocket depth. Modified pocket allowed at 1/2 & 3/4 grade (no more than half the ball visible below the side wall of a girls lacrosse stick). USA Lacrosse approved goalie gear: helmet with face mask, chin strap and throat protector, padded gloves, mouth guard, chest protector (NOCSAE & ND200 standard, pelvic protector, shin & thigh pads. See usalacrosse.org for a list of approved equipment.					
GOALIES & SHOT BLOCKERS	MYL: Goalies are optional at 1/2; expected at 3/4 - 7/8. FGLL: Goalies are expected at all grades. If a shot is blocked by a shot blocker and ball is in the crease, a defender enters the crease for the ground ball and continues play. Offensive players cannot enter the crease.					
GOALIE DEPUTY & CLEARING	Goalie deputy is not allowed at any grade level. At 1/2 & 3/4, a goalie is allowed a free (unguarded) clear to a teammate. Defenders can engage once the free clear is possessed by the recipient of the free clear. The intent of the free clear is to allow a goalie to transfer the ball and for play to continue – not for the goalie to advance the ball while undefended. Goalies cannot advance the ball. For Grades 5/6 & 7/8 Defensive ride is allowed.					
NUMBER OF COACHES	ON THE FIELD: 1 per team for 1/2 None allowed on field for 3/4 - 7/8. ON THE SIDELINE: No more than 3 coaches per team on the sideline for all grades					
6-GOAL DIFFERENTIAL	With a deficit of 6 or more goals, the trailing team can opt to take possession at midfield, rather than a draw.				Not applicable for Select Games	
STICK CHECKS	No pre-game stick checks by officials. Coaches cannot request stick checks.					
CHECKING	1/2, 3/4 & 3/4 Select: No checking. 5/6 & 7/8: Modified Checking Full checking only at 7/8 Select with 2 Adult Officials. STICK TO BODY CONTACT INITIATED BY THE DEFENSE IS NOT ALLOWED AT ANY GRADE LEVEL					
REQUIRED PASSES	1/2, 3/4, 5/6: 1 pass required once ball crosses midfield. 7/8 and all Select Grades: No required passes.					
SUBSTITUTIONS	For all grades: After a goal or during play. No substitutions allowed once official has engaged sticks for a draw until possession is gained following the draw.					
FREE MOVEMENT	Yes, for all grades. Players may move around the playing field, instead of being required to hold their positions on stoppages.					
SELF START	Yes, for all grades. For a foul outside the critical scoring area, the player who is awarded the ball, after coming to a momentary pause, may continue playing without waiting for an additional whistle. Defense may Self Start coming out of their own CSA.					
COVERING & KICKING THE BALL	For all grades: Covering the ball is not allowed if a defender is within playing distance; Kicking the ball is allowed for all grades					
ALLOWED DEFENSE	1/2 & 3/4: No zone. Double team ok, triple team is not.		No restrictions for 5/6 & 7/8 (including 3/4 Select)			
3-SECONDS CLOSELY GUARDED (OFFENSE)	For all grades, a player with the ball may not hold the ball for more than three (3) seconds when A) closely guarded, B) Defense has both hands on her stick, and C) the Defense is in a position to legally check if checking were allowed.					
“INDIRECT” RULE CHANGE	Not applicable for 1/2 & 3/4 games		For 5/6 & 7/8 grade, no more indirect (a required pass before going to goal) for a minor foul in the CSA (critical scoring area). Player is placed on the 12-meter and may proceed to goal after the whistle and shoot.			

Note: Under no circumstances are coaches or officials to alter any of these rules for any age group.

OVERTIME FOR SELECT GAMES: Select games cannot end in a tie. If tied after regulation, teams play a 3-minute golden goal overtime period. If still tied, a 2-player Braveheart competition —1 field player and 1 goalie per team — determines winner as follows: **1)** A goalie from each team protects the same cage (they are in or out of the goal based on who has possession. **2)** Braveheart starts with a draw at midfield. Players position for the draw on the same side teams started the game on. **3)** If a goalie makes a save, they are allowed a free clear to her teammate, who then takes the ball out to the 12-meter fan before attacking, allowing the goalies to switch places. Defenders can engage as soon as the ball is cleared to the 12-meter fan. **4)** First goal wins.

OFFICIAL PAY RATES FOR ALL LEAGUES

	JUNIOR ALONE	ADULT ALONE	TWO JUNIORS	JUNIOR & ADULT	TWO ADULTS
1/2 & 3/4 Games	\$45	\$75	\$45 ea.	\$45 & \$75	\$75 ea.
5/6 & 7/8 Games	\$60	\$100	\$45 ea.	\$45 & \$90	\$75 ea.
Select Games (3/4, 5/6, 7/8)	\$60	\$100	\$45 ea.	\$45 & \$90	\$75 ea.