

2024 LVGYLL Rules

Teams at every level are required to carry rosters with birthdates to all games

All coaches are required to take PCA (Positive Coaching Alliance) or USA Lacrosse entry level Coaching Certification online course prior to the beginning of lacrosse season to qualify to coach in the LVGYLL. In addition to coaching certification, all coaches must also complete online safety courses for concussions, sudden cardiac arrest and heat acclimatization. Certificates must be provided to the league.

Up to four (4) certified coaches are allowed on the sideline.

Team fees are \$245.00 for each team entered except \$115.00 for K-2. Only five (5) scrimmages per team for the season are allowed.

All teams (3/4, 5/6, 7/8) must field a goalie or play down a player with an open net.

1/2 & 3/4 teams, if splitting, must be done evenly (for example, no A and B teams). Skill levels should be equal between teams.

5/6 & 7/8 (if fielding 2 or more teams) A team roster must have 6 players minimum. A players cannot play on the B team except goalies, B players can play on the A team.

Referee fees are 7/8 \$55.00, 5/6 \$50.00, 3/4 Adult/Junior \$45.00, K/2 \$40.00.

Referee instructions and conferences with both coaches are completed at the score table/ midfield (no coaches allowed on field to speak to referees, no huddles with referees) – requires offer non asking coach if they would like to join conference, limits talk w/ head coach only.

Game Reports: All programs should have someone from the program enter the game report (within 24 hours from Game date) using the link on the LVGYLL.com. These will be used for reporting game scores, conduct, and referee comments. The game reporting link will be available on our LVGYLL website.

Code of Conduct: Each program leader is responsible for their player's, coaches', and spectator's conduct. This is typically covered when each parent/child/coach registers. In addition, the PCA / USA Lacrosse coach certification requirement is to help provide coaches with the tools/understanding on how to create a positive environment for all those involved in the league. As ratified by the LVGYLL Board, the league now abides by the USA Lacrosse Code of Conduct and Anti-Harassment & Discrimination Policy & Corrective Action Plan. Should these documents be revised by USA Lacrosse, the most up to date version should be utilized by the LVGYLL Executive Board.

Option Pregame Meeting: Coaches determine Mercy Rule Play for game at coin toss. Ahead 6/goals head coach responsibility to notify referee mercy rule is play-TBD on coach preference?

The home team has 24 hours to send out an email to reschedule a game with dates and the visitors have 48 hours to confirm those dates are the game is a forfeit for the visitors.

Player Eligibility: As per the by-laws, the following applies:

- a) All players must play for their designated township/city unless a release is granted by the organization where they live.
- b) Players program eligibility will be determined by:
 - a. First: what school district does the player attend?
 - b. Second: what middle school does the player attend?
 - c. Third: what township does the player live in?
- c) Exceptions:
 - a. If the player does not live in an area that has a program, the player will play at the closest program.
 - b. Player with parents who live in two districts can choose which parents address to use for program eligibility.
 - c. A player that goes to Moravian Academy is allowed to play for either Moravian Academy or their township if one is offered.

Please review Rules Grid for further information.

Draw, Mercy Rule Strategies Coaches Options: Guideline Recommendation

3/4, 5/6 & 7/8 Teams

6 Goal Lead (Free Draw) - Trailing Coaches Discretion

Optional at 8 goals or more - Leading Coaches sportsmanship

- 3-5 pass attempts
- Non-dominant hand

Category USAL	K-2	3/4	5/6	7/8
Players	7v7	8v8 / 7 Field + Goalie	12v12	12v12
Field Size	Cross Field	Cross Field	Full Field	Full Field
Field Lines	Goal Circle, 8M, DrawCircle	Goal Circle, 8M, DrawCircle	High School Lines	High School Lines
Goals	6x6	6x6	6x6	6x6
Balls	Regulation	Regulation	Regulation	Regulation
Sticks	Girls Regulation Stick	Girls Regulation Stick/ Stick Checks Before Games	Girls Regulation Stick/ Stick Checks Before Games	Girls Regulation Stick/ Stick Checks Before Games
Number of Games	6	8	8	10
Length of Game	2 Halves - 20 Minutes Running Clock	2 Halves - 20 Minutes Running Clock	2 Halves - 20 Minutes Running Clock	2 Halves - 25 Minutes Running Clock
Timeouts	1 Team	1 Team	2 Team	2 Team
Overtime	None	None	None	None
Start of Game & Half	Draw	Draw	Draw	Draw
Start After Goal	Draw	Draw, Mercy Rule	Draw, Mercy Rule	Draw, Mercy Rule
Retraining Line	Have: 2 Players to Half-Field	Have: 2 Players to Half-Field	12v12: 4 players behind	12v12: 4 players behind
Cards	No Cards, teams do not play short	Cards, teams do not play short	Cards, Play Short	Cards, Play Short
Ground Balls	Players may use kicking motion to move ball into a free space as long as it does not pose danger to other players and is not a shot on goal	Players may use kicking motion to move ball into a free space as long as it does not pose danger to other players and is not a shot on goal	No restrictions/kicking allowed	No restrictions/kicking allowed
Contact/Contested Ground Ball	Illegal to force opponent off her position (displacing her). Horizontal stick to body of opponent is Illegal	Illegal to force opponent off her position (displacing her). Horizontal stick to body of opponent is Illegal	Illegal to force opponent off her position (displacing her). Horizontal stick to body of opponent is Illegal	Illegal to force opponent off her position (displacing her). Horizontal stick to body of opponent is Illegal
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
Minimum Pass Rule	3 pass attempts / Defender clear does count	3 pass attempts / Goalie clear does count	None	None
1 vs 1 Defense	1v1 required	1v1 required in midfield	Not applicable	Not applicable
Illegal Contact	As per USA Lacrosse Girls' Youth Rules (2022), "contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called."	As per USA Lacrosse Girls' Youth Rules (2022), "contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called."	As per USA Lacrosse Girls' Youth Rules (2022), "contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called."	As per USA Lacrosse Girls' Youth Rules (2022), "contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called."
Checking	None	None	Modified (see attached page)	Transitional (see attached page)
3 Seconds , guarded	Applies	Applies	Applies	Not applicable
3 Seconds , 8 meter Arc	Not applicable	Applies	Applies	Applies
Major Fouls	Illegal/dangerous contact, unsportsmanlike	Major fouls per NFHS Rules Book, 8m FP	Major fouls per NFHS Rules Book, 8m FP	Major fouls per NFHS Rules Book, 8m FP
Self-Start/ Free Movement	Allowed	Allowed	Allowed	Allowed

Understanding the Transitional Checking Rule for 14U Girls

Beginning with the 2019 playing season, USA Lacrosse introduced a new checking category for 14U and 13U players. Called transitional checking, this rule is intended to provide a middle ground between full checking at the high school level and modified checking for 12U.

Transitional checking will help promote safe stick checks above the shoulders and provides an incremental rule structure for the development to full checking at the high school level.

There are two specific criteria for the transitional check: one is a 12-inch sphere around the ball carrier's head; the second is that checks cannot be across the body (both shoulders) of the ball carrier. The new 12" sphere at the youth level was adopted for safety reasons to protect players' heads from stick contact and to emphasize for the women's game community the importance of the sphere to the integrity of the game. This definition would prohibit defensive players from checking a crosse when a cradle is within 12 inches of a player's head.

There will be no "3 seconds good defense" calls at this level, since checking is allowed above the shoulder. While the 12-inch sphere is applicable to all youth play, an illegal cradle will still be based on the 7-inch sphere. The holding of the head of the crosse within a 7-inch sphere or close to her or a teammates body will be called as it has been in prior years. The definition of an illegal cradle is consistent with the illegal cradle rule in the past and consistent with the illegal cradle rule for high school play.

If a player is cradling between 7 and 12 inches can she be checked?

No. She cannot be checked.

If a player is cradling between 7 and 12 inches can she be called for an illegal cradle?

No. This may foster some incidental short-term advantage for the ball carrier, but safety and developmental concerns were the priority in the development of this rule.

If a player is running beside the ball carrier and her feet are ahead of the ball carrier may she reach across outside of the 12-inch sphere to check?

No. At no time under transitional checking can a player reach across the body or both shoulders of the ball carrier to attempt to check the stick.

Does modified checking still exist?

Yes. Modified checking is for 12U and 11U players which permits a player to use her stick to make controlled contact to the ball carrier's stick if the contact (and checking motion) is below the shoulder and away from the body.