

#### SJYLL YOUTH RULES

Interpretation Video

2018 Girl's Youth Rules: <a href="https://www.youtube.com/watch?v=Rqp\_oJANvMQ">https://www.youtube.com/watch?v=Rqp\_oJANvMQ</a>

2018High School Girl's Rules: <a href="https://www.youtube.com/watch?v=AO15-nyM0II">https://www.youtube.com/watch?v=AO15-nyM0II</a>

2018 Girl's Youth Rule Book

https://www.uslacrosse.org/sites/default/files/public/documents/rules/2018-Girls-Youth-Rulebook.pdf

# The points of emphasis for 2018 highlight safety and the quality of the game:

- •Illegal Defensive Positioning: Emphasize the three second and shooting space rules to ensure that offense has the ability to create safe shooting opportunities.
- •Contact in the Midfield: Deliberate illegal contact (cross-checks/pushing) made to the body on players in a defenseless position must be carded.
- •Crosse in the Sphere: Stress that it is the responsibility of the defender to keep her stick out of the sphere and throat area of the ball carrier. Violations are a major foul, and repeated violations may be carded.
- •**Professionalism**: The rules committee continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during and immediately following all contests.

#### 12U-14U

**Table**: required a visible possession indicator. It may be a small cone or other object move side to side indicate possession pointing to direction of offense

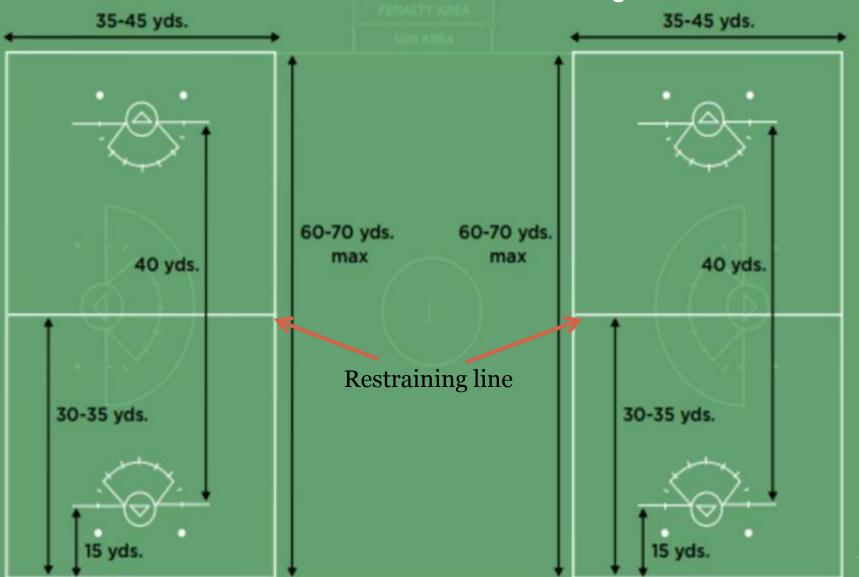


Critical
Scoring
Area
from the
12m
extended
to the
endline

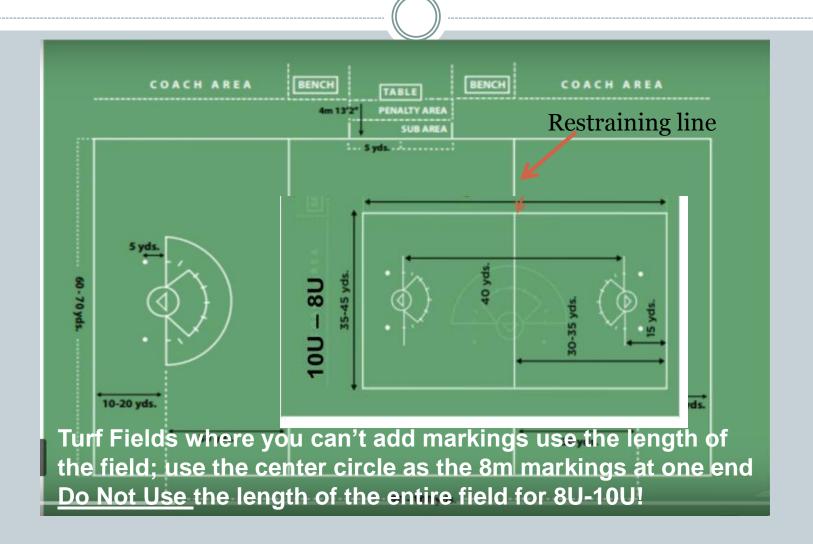
**2 small circles (dots)** 5-6 in. diameter, behind each goal- 5 yds. from the goal line extended and in line with the 8m arch. Painted white or contrasting color may be temporary substance spray paint, chalk...

**8U - 10U** 

You may fit 1 to 2 Small Sided Fields across a Regulation Size Field. Below there are 2 Small Sided Fields across one Regulation Field.

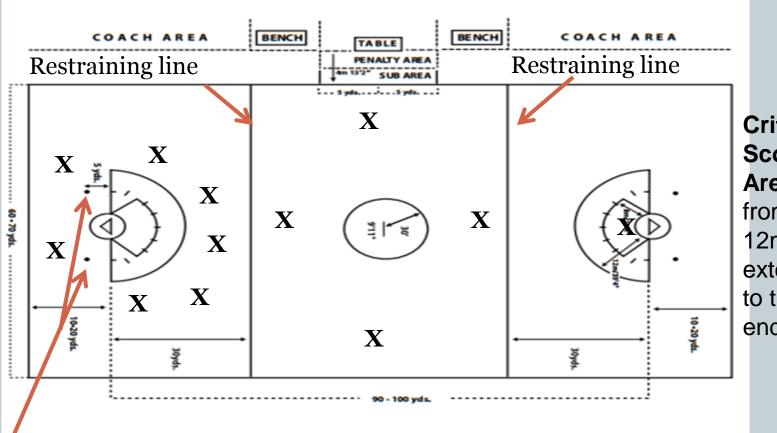


#### 8U-10U Turf Fields (no additional field markings allowed)



#### Field 12U - 14U

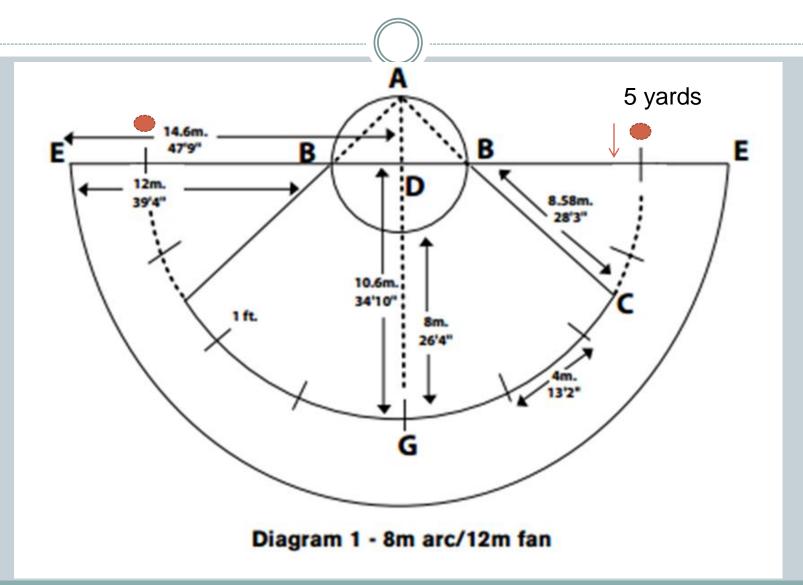
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2 small circles (dots) 5-6 in. diameter, behind each goal- 5 yds. from the goal line extended and in line with the 8m arch. Painted white or contrasting color may be temporary substance spray paint, chalk...

#### Directions for 8m and 12m Fan



- Pre-Game
  - Captains meeting: coin toss select direction or possession arrow
  - Coaches verify players are legally and properly equipped

#### Pre-Game

- Equipment check
- 12U-14U Regulation sticks need to see the top of the ball above the top of the crosse's wall.
   Recessed screw must be used.

#### https://youtu.be/7DgtfPR8I2c

- NEW Field Player's Mesh Hybrid Pocket
- Strung pockets must be attached to the bottom of the head through stringing holes.
- No more than 2 shooting strings (may have 0-2)
- Must be attached directly to the sidewalls
- Shooting strings are not required in the pocket of the stick.
- <u>8U-10U</u> Regulation sticks with modified pockets *Recessed* screw must be used
  - NEW Field Players Mesh Hybrid Pocket
  - Shorter stick length to fit player's arm
  - Modified pocket no more than half of the ball may fall below the bottom sidewall

#### Pre-Game

- Stick Check
  - ▼ The ball must move freely within all parts of the head of the stick, both laterally and along the full length of the front and back of the pocket.
  - The official will tilt the stick in both directions so that the ball moves freely from the ball stop to the scoop and out of the stick.
  - No holes or gaps in the pocket are larger than 1.62 inches (measure the size of a golf ball)





#### FIELD PLAYER:

- ASTM standard F3077 eye protection
- May wear a helmet
  - ONLY ASTM standard F3137
    - Cascade and Hummingbird
      - Cascade has attached the ASTM F3077 googles with the helmet
      - Hummingbird ASTM 3137 only



SOFT
HEADGEAR
NOT
APPROVED
NOT
ALLOWED







#### Fitted mouthpiece:

- no protruding tabs do not use attachment to googles
- no graphics of white teeth
- any color but white or clear





the mouthpiece must be a highly visible color and is mandatory.

#### Stick

- 8U & 10U women's crosse, may have a modified pocket.
- x 12U & 14U women's crosse, regulation pocket (0-2 shooting stings).





#### GOALIE:

- Helmet with face mask (NOCSAE), chinstrap
- Separate throat protector
- Fitted mouthpiece
- Padded gloves, chest protector, padded shins and thighs
- Recommended padding on arms and shoulders
- Goalie stick Recessed screw must be used
- FACIAL ADORNMENT: eye black worn on the face must be one solid stroke no logos, writing, numbers and shall be the length of the eye socket and above the cheekbone

#### Ball:

 Must meet NOCSAE Standards, game may only be played with a NOCSAE ball

o must be lime green, yellow or orange

(no white)

8U – may use regulationor soft ball





# Starting/Restarting with the Draw

- The Draw: each stand with one foot toeing the center line.
- Crosse held above hips, right side of crosse is the lower side closest to the field, open crosse facing their defending goal, the ball is positioned upper third at the widest point.
- (NEW) Players' crosses must be parallel to and above the center line within the vertical plane
- On "ready" the players must be motionless, may only move their heads, otherwise illegal
- On whistle they draw upward
- The ball must go over their heads, if not redraw.

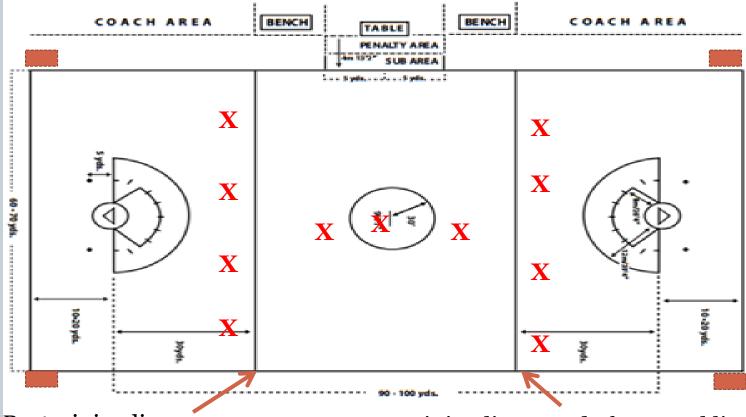
# Starting/Restarting with the Draw

- The Draw: Illegal Draw occurs when:
  - Either player draws too soon
  - No Attempt is made to draw up
  - Movement of the crosse is not up
  - Player taking the draw moves after the official says "ready" and before the official's whistle
  - Ball does not go higher than the heads of the players taking the draw.
    - If the ball goes directly out of bounds and not touched from a legal draw the draw will be retaken. No subs during a re-draw
  - (NEW) Players may reach over the restraining or center circle line and touch the ground with their stick to play the ball, as long as no part of the player's foot is on or over the line

# Starting/Restarting the Game with the Draw 12U – 14U







Restraining line

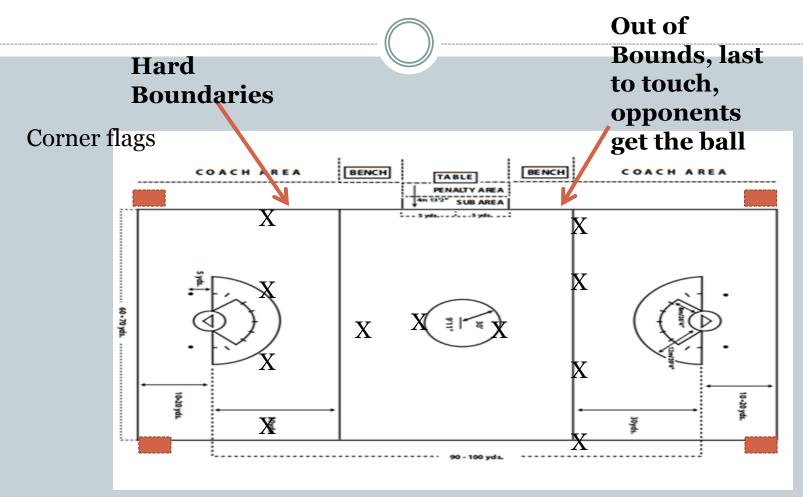
Restraining line 30 yds from goal line

Players must hold below restraining line until the official has signaled possession

#### **Draw Penalties**

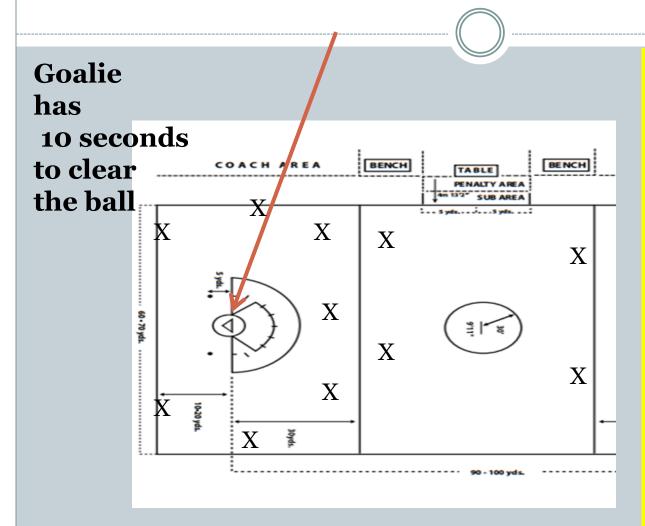
- **Illegal draw occurs**: free position for the opponent at the center line. Offending player is placed 4m away at either side at an angle of 45 degrees to the center line towards the goal she is defending.
- If both players draw illegally or it cannot be determined why the draw was illegal the official will call time-out and a re-draw will occur.
- Violations of player positioning results in free position for the <u>opponent at the spot of the ball (NEW)</u>
- Offsetting fouls will result in Alternating Possession
- (NEW) Players may reach over the RL to scoop up loose ball

#### **Out of Bounds**



On missed shots, deflected shot closest player to the <u>ball</u> gains possessions

#### Goalie and the Goal Circle



Goalie leaves the circle

- 1. she loses goalie privileges .
- 2. She may only reenter without the ball
- 3. Once "played" by defense she may propel the ball into circle then follow it in.
- 4. She must return to goal circle if the ball is inside circle.

#### **Alternate Possession**

- Winner of coin toss will select either direction or initial alternating possession arrow
  - Arrow points to the offensive end for team, switch arrow direction at half time
- Alternate possession record will be kept at the table
- Offsetting fouls
  - Offsetting fouls during a draw –redraw do not use the arrow
- Ball lodges in field players clothing
- Ball goes into goal off non player
- Out of bounds ball two opposing players equally close
- Games restarted for incidental reason no team in possession

# **Penalty Administration**

- Green Card: minor foul
- Green/Yellow Card: major foul (does not count towards team total)
- Green/Red: major foul and offender goes to penalty area for 2 minutes and a sub takes her place
- Yellow Card: 2 minutes in penalty area.
  - 8U-10U substitute must take her place, team does NOT play short
  - 12U-14U team plays short
- A team which accumulates 4 yellow cards plays short the remainder of the game, and for each additional yellow another player is removed from the field

# **Penalty Administration**

- Red Card: 4 minutes in penalty area
  - player "serves" the duration of the game
  - prohibited from participating in the team's next scheduled game.
  - The player must be present to be considered "serving" her penalty.
  - Red card on coach must leave the field and must not be present during their next scheduled game.
  - 8U-10U substitute must take her place, team does NOT play short
  - 12U-14U team plays short

#### **Fouls**

- When the whistle blows everyone must STAND
- Minor fouls: offender goes 4M away in the direction she approached when making the foul
- Major fouls: offender goes 4M behind player with Free Position
- All players must be 4M away

https://youtu.be/F-0bAqs5T1Y

- Body Balls: using any part of her body deliberately impede, accelerate or change the direction of the ball. Players may kick the ball on non-shooting attempts. Goalkeeper loses priveleges outside of goal circle
- (YOUTH) Contested Ground Balls: 8U 10U loose ball shall be contested by no more than 2 players (1v1).
- (YOUTH) Kicking the Ball 8U -10U kicking the ball is not permitted.
- Delay of Game: intentionally delay the game
  - Failure to stand (creeping)
  - Failure to move 4m away
  - Any behavior that the official deems as a delay

• Covering the Ball: with foot or stick or preventing an opponent from playing the ball



- Early Entry on the Draw:
  - Step on/into the center circle or illegally cross the restraining line before the whistle
  - Cross the restraining line before possession is established
- Hand Ball: field player touches the ball with her hand
- Illegal Crosse: crosse doesn't meet specs
  - Score a goal with a crosse that does not meet the field crosse specs
  - Adjust strings/thongs after an official inspection of her crosse has been requested during the game. The crosse must be removed.

• Empty Stick Check: incidental contact while making a play for the ball is not a check

#### **EMPTY STICK CHECK** A player may not Check or impede an opponent's crosse when her crosse is not in contact with the ball. Each player is entitled an equal opportunity to play the ball without illegal interference

- Illegal Re-Entry: run out of bounds and re-entry to a more advantageous position
- Illegal Stick Request: requesting any additional inspections beyond the two allowed per team
- Illegal Substitution: sub illegally
- Illegal Time-Out: requesting more than 1 TO.
   (YOUTH) (requesting more than 1 timeout per team, do not stop the clock must request prior to last 5 minutes of half)
- Improper Equipment: jewelry, failure to properly wear a mouthpiece and/or eye protection, illegal uniform

- Improper Use of Cross: Throw her cross in any circumstance or taking part in the game without holding her crosse
- Play From Out of Bounds: playing with her foot/feet are out of bounds
- Resumption of Play: failure to be ready to start play after twominute time-out or following halftime.
- Squeeze the Head of the Crosse: use her hand or body to keep the ball in the crosse, ie. Squeezing the head of the crosse.

• Warding: guard the crosse with an arm. If one hand is removed from the crosse, free hand may not be used to ward off an opponent, deliberately or otherwise, with or without contact. Elbows may not be used to protect the crosse.



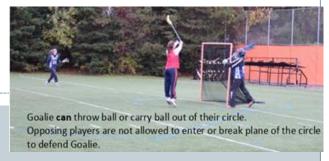
(SJYLL) Minimum Pass Rule: 2 pass rule 8U - 12U B

- (YOUTH) 3 Seconds Closely Guard
  - Closely guarded/marked
  - Defense has both hands on stick
  - Defense is in position to <u>legally</u> check

#### 2 Pass Rule

- 2 Pass Rule: (SJYLL) 8U 10U 12U B
- Goalie clear from <u>goal circle</u> does not count towards 2 counts, (YOUTH)
  - If goalie leaves goal circle with the ball then clears her pass counts
  - It counts as a pass if it is not caught but your team maintains possession
  - Major Foul if player shoots prior to completion
  - Once the 2 passes are completed if there is a turn over and the offensive team recovers ball possession before it crosses back over the restraining line they may still go to goal (HOT).

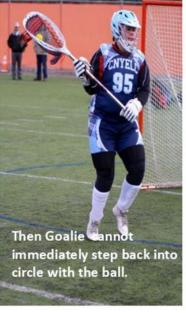




#### Goalkeeper Fouls:

- ball remains in the goal circle longer than 10 seconds
- Step back into the goal circle when she has possession of ball. May not return the ball to GC (carrying or rolling) until ball has been played by opposing team.







### Major Fouls (Cardable)

- Check to the Head (initiated check to the head, not incidental)
  - 14U A: Mandatory Red Card
  - 14U AB/B and 8U-12U: Mandatory Card, either yellow or red
- Dangerous Contact Mandatory Card any action that thrusts or shoves any player with or without the ball who is in a defenseless position.
- Dangerous Propelling Mandatory Card
- Dangerous Follow Through Mandatory Card
- **(YOUTH)** No Checking 8U 10U If there is illegal/incidental contact it would be a major foul. Dangerous Contact is Mandatory Card
- Slash Mandatory Card
- Unsportsmanlike Conduct cardable
- Rough/Dangerous Check 12U 14U Cardable
- Dangerous Play Cardable

# **Major Fouls**

Crosse in the Sphere: By Defense

# A player may not reach into or through the sphere or hold her crossee around the throat of her opponent. (nor poke or wave in the face.) Check through the Sphere

• Crosse in the Sphere: By Offense = Illegal Cradle

Illegal Cradle



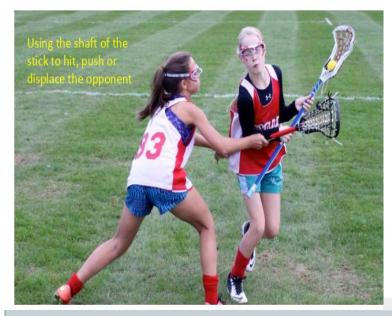


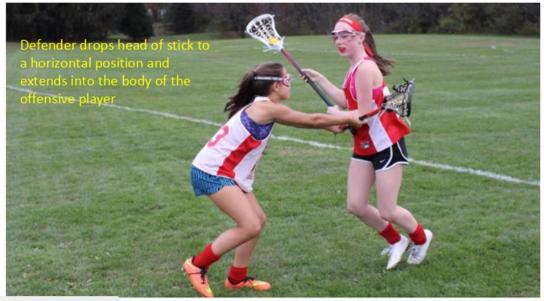
- Illegal Stick to Body Contact: cross to the body
  - Stick held in a horizontal position contact with an opponents body
  - A player pushing into an opponents stick
- **Three Seconds**: by *defense* in the 8m arch not marking an opponent within a stick's length. Restart at the hash closest to spot of the ball, offender goes 4m behind the ball

- Cross Check
- Illegal Use of the Cross

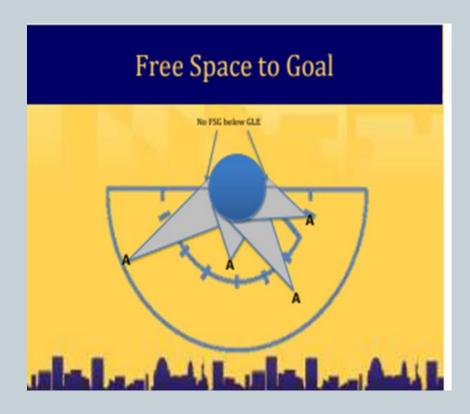
### **Cross Check**

### Illegal contact





 Obstruction to Free Space/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 <a href="https://youtu.be/pgJzzpjrdFA">https://youtu.be/pgJzzpjrdFA</a>





- Forcing Through / Charging (offensive foul)
- Pushing: push opponent with hand or body
- Reach Across the Body: reaching across an opponent to check the crosse when she is level or behind her
- Blocking: not giving her a chance to stop or change direction. Or blind side her
- Illegal Pick: set a moving or stationary pick out of the visual field of an opposing player that doesn't allow enough time or space to stop or change direction
- Hooking: using web area of crosse to hook the bottom of stick

 Charging: charge, barge, shoulder or back into an opponent including pushing into an opponent's stick







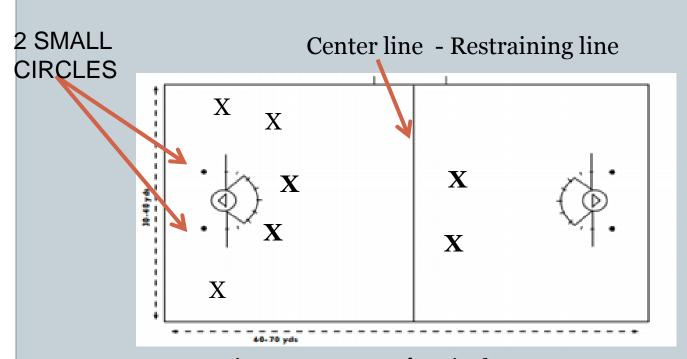
- False Start: before the whistle step or make a movement simulating the beginning of play designed to gain advantage
- Tripping: deliberate or otherwise
- Holding: at any time holding, detaining, restraining, tagging, or pressing/pushing against her body clothing or crosse with an arm, leg, body, or crosse
   Holding



- Play the Ball Off of an Opponent: push, flick or bat the ball into an opponent's feet or body or crosse. Cardable
- Illegal Shot: shoot from an indirect position
- Illegal Deputy: (youth) unprotected field player may <u>not</u> enter into the goal circle.

- Goalkeeper Foul: may not line up between the restraining line during the draw, take the draw, shoot and/or score for her team
- Dangerous Play: may not line up between the retraining line during the draw, take the draw, shoot and/or score for her team.
- (YOUTH) Modified Checking 12U 14U- AB/B
  - The offense player's entire stick with ball must be below the shoulder
  - The check must be down and away

### Restraining Line/Offside 8U - 10U



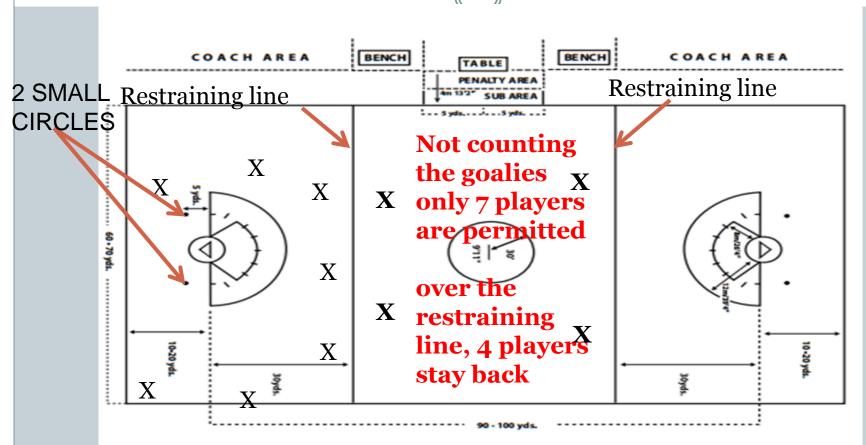
Not counting the goalies only 5 players are permitted over the restraining line, 2 players stay back

8U/10U Center Line is the RESTRAINING LINE

#### Off sides:

- 1- Correct it: put the closest player back on sides
- 2- Ball goes to the player from the non-offending team closest to the ball and the opponent moves 4m behind *(major)*

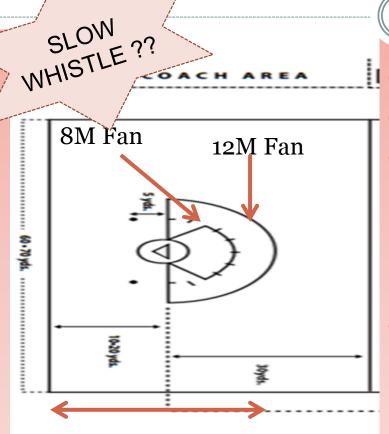
### Restraining Line/Offside 12U - 14U



12U/14U Off sides: Correct it: put the closest player back on sides In CSA player goes on center 12M clear the lane above goal line

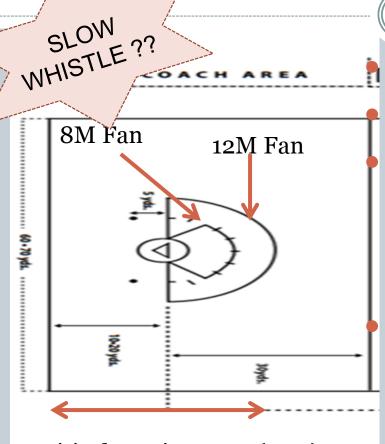
### **MISCONDUCT**

- The following are misconduct and must be carded:
- Excessively rough, dangerous, or unsportsmanlike play
- Persistent or flagrant violation of the rules
- Deliberately endangering the safety of an opposing player
- Baiting or taunting which is intended or designed to embarrass, ridicule, or demean others
- Excessive dissent or abusive language
- Non-playing team member leaving their team bench area during the game
- Coach leaving her coaching area
- Any type of behavior which the official's opinion amounts to misconduct
- Illegal reentry of a suspended or ejected player



Critical Scoring Area (CSA): Goal line to 12M

- If defense fouls
- In 8M Free Position on the hash mark, Offender goes 4M behind to the 12M, clear 8M fan quickest way out all must be 4M away
- In between the 8M 12M on the spot of the foul, Offender goes 4M behind clear the lane
- If there is no goalie or shooting cover it's an Indirect



Critical Scoring Area (CSA): Goal line to 12M

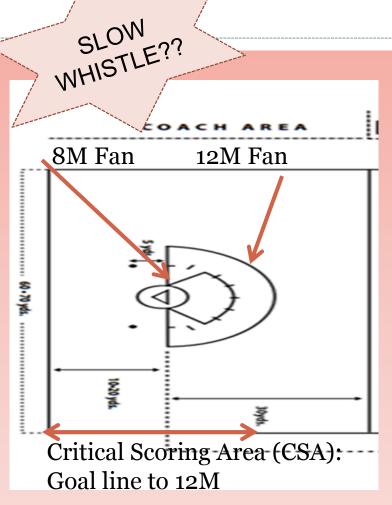
### **Major Fouls:**

If offense fouls

The defender goes to the 8M and the offender goes 4M behind all must be 4M away

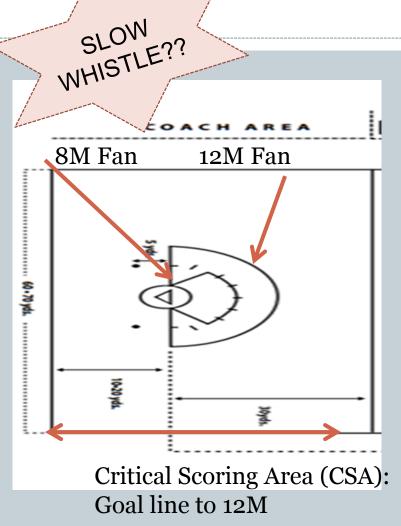
In between the 8M – 12M on the spot of the foul, Offender goes 4M behind clear the lane

 If there is no goalie or goal cover then its Indirect



### • Minor Fouls:

- If defense fouls within the 12M Free Position on the 12M, Offender goes 4M in the direction she approached, all players must be 4M away.
- Indirect -she must pass, no direct shot.



• If foul occurs below the goal line: Free positions below the goal line extended and in the critical scoring area shall be taken at one of the circles (dots) marked on the field