

2018 10U MSLax Girls Lacrosse Rules

GAME & PLAY:

- * 10U US Lacrosse Youth Girls Rules will apply with certain specifications and modifications noted
- * Games will be 2 - 20 minute halves, stopping only in last 2 minutes. Each team is entitled to Two - 2 minute time-outs per game. 5 minute half-time or as specified by umpire. NO overtime; ties are counted as ties.

- *10U- NO Checking

- *All players must be members of US Lacrosse

- *All *other* US Lacrosse Girls Youth rules apply as per rule book: <http://www.uslacrosse.org/rules/girls-rules.aspx>
- * Teams will play with 7 field players
- * Games may be played with fewer than 7 X 7 players upon mutual agreement of coaches. Otherwise, a team short of players will forfeit. It is encouraged that if a team has no substitutes and the other team has many, share some players for more playing time.

- * No deputy goalies are allowed at this level

Field Dimensions and Goal Set-Up

Field Size: Modified- 60-70 yards X 30-40 yards (width can remain the same as women's field if desired). Fields need not be relined. If using cones for a crease or arc, disc cones must be used. Tall cones on the end line. 8 Meter arc is optional.

Equipment

- * Regulation women's stick and pocket
- * US Lax approved goggles and mouth guards to be worn at all times. Mouth guards must fully cover the leading (anterior) dental arch and be of a visible color (not white or clear). No DeBeer goggles allowed.
- * No jewelry
- * Game ball must be "NOCSAE" approved. May be orange, yellow, or lime green.

Additional Player Rules

- * 3 Second Closely-Guarded Rule: a player may not possess the ball for more than 3 seconds when closely-marked up by an opponent who is in a safe checkable position.
- * Umpires should blow the whistle upon the count of 3 for girls who possess (cradle) the ball in one position while being closely defended. Players must shift the position of the stick relative to the defender or the whistle will be blown.

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* The umpire must count out loud & physically and/or verbally signal indicating the player must move their stick out of a checkable position before blowing the whistle.

* When called, 3-seconds closely guarded constitutes a Minor Foul against the attack and results in an immediate change in possession of the ball (defender gets possession). Coaches, please familiarize yourselves and your players with the 3 second rule.

* Free Draw rule: due to the lack of an official score board, it is up to the umpire's discretion if he or she believes that 1 team is at a disadvantage for offensive opportunities.

- The team's center is automatically given the ball on the draw.
- The opposing center will be 4 meters away towards her defensive end, at a 45 degree angle.
- (This rule is to replace the 4&8 Rule)

* Encourage your players to mark up and stay goal side defensively.

* Remember shooting space IS a rule so players cannot stand in front of the goal deflecting shots.

* Substitutions are allowed "on the fly/move" but encourage your players to completely run off the field before the substitute enters the field.

* 1 V 1 DEFENSE 1 v 1 defense is still enforced in the midfield area at this level of play. With the introduction of the 8 meter arc, more than one player can defend the ball in the critical scoring area. Shooting space and 3 second defense rules are now also introduced.

Goal Circle (Crease) Rules:

* No follow through on a shot into the goal circle by any player.

* No deputy allowed in goal circle.

* Dangerous Shooting Rule: if the attacker shoots over or through any player who is not within a stick's length of the attacker, this is considered a Major foul on the attacker.

* No player may enter the goal circle at any time. Immediate stoppage of play and possession is awarded to the offended team. Defender enters crease: Minor Foul and attacker is placed on the 12 meter and an indirect free position. Attackers enters the crease: a free position to the defender closest to the top of the 12 meter (roughly).

*If the ball rolls into the crease without entering the goal, the whistle is blown and the ball is given to the defending team at the top of the 12 meter.

Newer US Lacrosse Rules AND MSLax Changes to Rules

* NO restraining line rules will be used

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- *No goalies, unless both teams agree to before game day. Net to go in upright position.
- * MN will continue to use the 3 pass rule
- *NO SCORE is kept or reported
- *During the draw, both sticks must be parallel to and above the center line.
- *A new draw will take place after each goal.
- *Coaches are not allowed on the field
- * The Goal size can be 3 x 3, 4 x 4, or regulation flipped into a triangle
- * The ball can be kicked intentionally into an open space. It cannot go out of bounds or into the goal.
- * **3 *Attempted* Pass rule:**
 - Each team must make three *attempted* passes before shooting on the goal.
 - The passes can occur anywhere on the field.
 - If the team did not have 3 attempted passes it is considered a no goal and the closest opposing player is given the ball at the goal line-crease intersection.
 - The umpire will count out loud and/or use hand signals to indicate the number of passes *attempted*.
 - If a team completes their 3 passes and the ball remains on the offensive side of the field, the 3 count will NOT reset if possession is lost, as long as the attacking team gains possession again while the ball is still inside the offensive side.
 - If the attacking team is able to regain possession from the defending team prior to the ball being cleared over the mid-field line, the attacking team can go directly to goal without having to make an additional 3 passes.
 - This change rewards the attacking team for working hard to re-defend and regain possession, is more realistic in that many game situations are unsettled, and most importantly, encourages the defending team to maintain possession and clear the ball quickly over the mid-field line.
 - The Umpire should indicate that the offensive team has the go-ahead to shoot on the goal in this situation.
 - If the team did not have 3 attempted passes it is considered a no goal and the closest opposing player is given the ball on the top of the 12 meter (roughly).

Yellow Card Rules

- * Yellow card rules are the same as all other youth leagues: if a yellow card is issued the player must stand, kneel or sit next to the Timer Table for 2 minutes of elapsed playing time without a replacement substitute.
- * Check to the Head, Dangerous Follow Through, Dangerous Propelling, Slash, Rough/Dangerous Check, Cross-Checking, Illegal Contact, Illegal Use of the Stick, Hooking, Modified Checking Violation (repeated offender)
- *Any player who receives 2 yellow cards shall sit out the rest of the game.

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* A team will play short from the first red card issued (4 minutes) and the carded person is ejected and cannot participate in the following game.

* Coaches/Refs should report any red cards (player name & jersey number) within 24 hours under the "Game Results" tab on the MSLax website.

* Coaches are subject to the same red card and yellow card calls and penalties. Coaches can receive red cards as a result of unruly fans.

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Game Information and Cancellation Policies

- * If a team needs to reschedule due to poor weather, the home team Coach and/or Club Representative must contact the visiting team contacts to reschedule at a mutually agreeable time and place.
- * Re-scheduled game information should be requested by filling out the "Reschedule Game Request" option under the Leagues tab on the MSLax web site. Games that are cancelled for a reason other than inclement weather are subject to a \$10 rescheduling fee.
- * The home team coach is responsible for notifying the assignor of changes who will try to assign the same umpires.
- * If officials are not notified about a game cancellation and arrive at a field, they are entitled to payment. Also, if a game is called for weather and officials are on field, they will be paid.

Team Info and Responsibilities

- * Teams should expect to play approximately 1/2 of games at home.
- * Home teams are responsible for providing a volunteer Table-Timer, table, time clock and a medical kit.
- * If a team does not have a home field, games may be played as "home" on an opponent's home field. The visiting "home" team will be responsible for staffing the Table-Timer.
- * A "Table-Timer's" responsibilities include keeping the time, record the player number and time if a yellow card is distributed, & notifying respective team or player of when they can enter the game again after a penalty.
- * All players must be members of US Lacrosse or members of fully school sponsored teams, for insurance purposes.
- * Both teams are responsible for reporting the score of the game played using the 'Game Results Submission' form under the Leagues tab on the MSLax web site within 48 hours of the game. If second team fails to report, first team score stands. Both teams should review MSLax website to ensure game score is submitted & updated.