

2019 Youth Girls' Lacrosse Rules OVERVIEW

Please note that this is just a guide and the rule sets themselves should be consulted. CONNY has some rules that are different than US Lacrosse, see the differences below.

<https://www.uslacrosse.org/sites/default/files/public/documents/rules/2019-girls-youth-rulebook.pdf>

NOTABLE CONNY RULE CHANGES FOR 2019

- A. Creation of a cleared area, the penalty zone applicable for 8m penalties at 10U, 12U & 14U.
- B. Senior Division: Introduction of self-start to commence play after a foul or out of bounds.
- C. Senior Division: Introduction of Transitional Checking at the 14U level. Similar to Full Checking but the sphere area (around the head) is now 12" in diameter (up from 7" last year). Checks must be AWAY from the body.

10U Lightning Division

- Players: 8v8 including a goalie, Goal Size: 6x6 or 4x4, Game time: 25 min halves, 10 min halftime, two time outs per game per team to be used at any time.
- Draw after each goal.
- 3- pass rule in place for Lightning Division. Team must attempt at least **3** passes before taking a shot on goal with at least two over the midfield line. Incomplete passes count as pass attempts. Only one of the three pass attempts may be made behind the net. The pass attempt count restarts on a change of possession, EXCEPT when the offensive team recovers the ball in their offensive half. This encourages the redefend.

12U Junior Division

- Players: 12v12 includes goalie, Field Size: -140 yards x 60-70 yards, Goal Size: 6x6, Game time 25 min halves, 5 min halftime, two time outs per game per team to be used at any time.
- Modified checking is allowed.

14U Senior Division

- Players: 12v12 includes goalies, 6x6 Goals, Game time 25 min halves, 5 min halftime, two time outs per game per team to be used at any time.
- Self Start outside of critical scoring area (CSA) defined as the area inside the 12m fan all the way down to the end line.
- Tier 1 mandated Transitional Checking (previously called Full Checking), any check to the head is a mandatory RED card. Tier 2 teams can choose to play transitional checking providing both coaches agree and you have adult referees.

2019 Points of Emphasis

OBSTRUCTION OF FREE SPACE TO GOAL – OPPORTUNITY TO SHOOT

The Free Space to Goal (shooting space) foul continues to be one of the most difficult rules to understand and officiate in girl's lacrosse. In an effort to clarify the major foul, the 2019 USL Girls Lacrosse Rules Committee is emphasizing the importance of understanding the criteria needed when evaluating the potential foul. The official must first note the location of the ball. The ball must be above the goal line extended and within the critical scoring area. Second, the attacker must be in active pursuit to goal while her hands, stick and feet are in position to shoot safely. If there are players in the lane to goal, a safe shooting opportunity does not exist. This action must be created by the attacker showing engagement to goal, and the call must be made if the defense is in illegal defensive positioning.

ROUGH AND DANGEROUS PLAY

Rough and dangerous play is a priority of the USL Girls Lacrosse Rules Committee, not only because it disrupts the flow of play, but because it also places the player(s) at risk for injury. Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous or intimidating manner must be called. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body. Any other action with the crosse in which the official's opinion amounts to dangerous or intimidating play should be considered rough and dangerous. Officials should consider carding players who continually commit rough and dangerous fouls. Consistent officiating of rough and dangerous play will not only decrease the risk of injury, but also improve overall game management.

EMPTY STICK CHECK – INTENTIONAL VS. INCIDENTAL CONTACT

This point of emphasis is to clarify incidental versus intentional stick contact during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with the opponent's crosse in an effort to prevent her from gaining possession. The official must be able to evaluate the intent of the player initiating the contact. In addition, an area of particular concern is during the draw. When the ball is in the air, an empty stick check should only be called when a player's action is to intentionally check her opponent's stick to prevent her from gaining possession.

PROFESSIONALISM

US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials.