



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2012 GIRLS GAME DAY RULES

ALL DIVISIONS WILL FOLLOW GIRLS YOUTH RULES IN THE 2012 US LACROSSE WOMENS RULEBOOK WITH SPECIFICATIONS BELOW

SENIOR DIVISION (7-8TH GRADES)

U-13 US Lacrosse Specifics

- * 11 field players, 1 goalie
- * Regular field markings, including restraining line
- * Regular women's crosse, regulation pocket
- * **Modified checking:** checking only when entire crosse is below shoulder level. Check must be in a downward direction away from body. (major foul)
- *No passing rule
- *3-second defensible position (minor foul)
- * May shoot from direct free positions
- * 25 minute halves running time
- *1 OT 4 min sudden victory period if needed w 1 TO

JUNIOR DIVISION (5-6TH GRADES)

U-13 US Lacrosse Specifics

- * 11 field players, 1 goalie
- * Regular field markings, including restraining line
- * Regular women's crosse, regulation pocket
- ***Modified checking:** checking only when entire crosse is below shoulder level. Check must be in a downward direction away from body. (major foul)
- *3-second defensible position (minor foul)
- * No Passing Rule
- * May shoot from direct free positions
- * 25 minute halves running time
- * 1 OT 4 min sudden victory period if needed w 1 TO

LIGHTNING DIVISION (3-4TH GRADES)

U-11 US Lacrosse Specifics

- *SFYLL will play 12 on 12 on a regulation size field, 11 field players and one goalie
- *Regular field markings, including restraining line
- *Youth crosse, modified pocket allowed
- *No checking
- *3-second defensible position (minor foul)
- *20 minute halves, running time (no OT if tie)

FOUL DEFINITIONS (ALL DIVISIONS)

*3 second defensible position: No holding the ball for more than 3 seconds when closely marked and the defense has both hands on her stick and is in position to legally check if checking were allowed (minor foul)

*A field player must not enter or have part of her body or crosse on or in the goal circle at any time.

BANTAM DIVISION (K-2ND GRADE)

U-9 US Lacrosse Specifics

- *7 field players, no goalie, shot blockers will be used
- *8m arc, center and goal line, side and end lines, painted on field
- *Youth sticks, mesh allowed, modified pocket
- *No checking
- *3-second defensible position (minor foul)
- *May only shoot from free positions when shot blockers are used; if open goal then no shooting from free positions
- *Each team may have one coach on field during game
- *20 min halves running time (no OT if tie)

ALL DIVISIONS

- * No Deputies
- *Jersey color conflict: home team will wear pinnies
- *GOALIES must wear a helmet, separate throat protector, chest protector, goalie gloves, **arm pads**, abdominal and pelvic protection, and leg padding on the shins and thighs and a mouthpiece. She also **must** wear a jersey or pinnie of the same color as her teammates OVER her chest protector.
- *No jewelry of any kind including newly pierced ears.
- *Eye wear and mouth guards are mandatory. Mouth guards may not be clear, white or red.
- *Cones or pylons must be on all four corners of field
- *Home team will provide timer/score keeper, who will stay at the midfield sideline between coaching areas.
- *Max 2 time outs per half per team (2 min). Bantams may have flexibility with number of timeouts agreed upon by both coaches.
- *Coaches may **only** move along side line on the team side of the field extending from their side of the substitution area to the their end line and may not be in front of the opposing team bench or in front of the substitution area. Bantam: 1 coach from each team allowed on field for the purpose of instructing players.
- * Coaches must notify program director if a player is ejected from a game.
 - * All spectators must be on the opposite side of the field from players.
- * **MERCY RULE – 5 point lead**, team behind awarded ball at midfield unless waived by trailing coach.