

# LONG ISLAND LACROSSE LEAGUE 2022

## Girls 1<sup>st</sup> and 2<sup>nd</sup> Grade Rules

### GAME MODIFICATIONS:

- 7 v 7 field players with optional goalkeeper
- Coaches must agree to additional players on field, officials do not decide number of players.
- No more than **TWO COACHES** are allowed on the field to instruct players in a positive manner.
- Three coaches in total are allowed on sidelines/field and they must wear their badges.
- Coaches are allowed to coach the entire sideline but not behind the goal. When moving to the opponents side of the field must walk behind their coaching box and bench.

### CHECKING:

- Absolutely no checking allowed in the 1<sup>st</sup> and 2<sup>nd</sup> grade division

### FIELD:

- Plays on a modified field with a reduced number of players (7v7).
- It is recommended that teams switch sides at half time
- If you are using a modified field without proper markings the home team should provide portable goal creases and goal deflectors
- Smaller Goal Cages may be used.

### GAME TIMES:

- Maximum 20-minute running time halves. No overtime.

### PLAYERS:

- 1<sup>st</sup> Grade Division can include players in Kindergarten and 1<sup>st</sup> Grade
- 2<sup>nd</sup> Grade Division can include players in 1<sup>st</sup> and 2<sup>nd</sup> Grade

### EQUIPMENT:

- regulation field stick length 35"-42", sticks may be cut to match length of a player's arm.
- A modified pocket (half of the ball may fall below the bottom of the sidewall) is allowed.
- Goalkeepers are allowed mesh pockets and sticks up to 52 inches long.
- Mouthguards **CANNOT** be White or Clear and should **NOT** be attached to goggles.
- Headgear can be worn but is not required
- Goggles are Required

### OFFICIAL FEES:

- 2 Officials \$40.00 Each....1 Official \$60.00 (\$30.00 per team)

### PENALTY ADMINISTRATION:

- cards will be issued at all levels for dangerous play.
- At the Kindergarten-2<sup>nd</sup> Grade level, a substitute must take the place of the carded player while she serves her penalty time.

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- If two passes have been made and a major foul is called in the critical scoring area shooting from a free position will not be allowed if there is no goalkeeper or if there is an open net. Player should be placed on the hash mark on the goal line extended and referee will restart play
- If only one pass has been made and a major foul is called in the critical scoring area, the offensive team still needs to make the second pass
- No offside when playing 7 v 7
- No follow through into the goal on shots
- Offensive 3 seconds will be called if defense is playing in a checkable position

### **DEPUTY:**

- A deputy is a field player who may enter the goal circle when the goalkeeper is not present. This is allowed in the 1<sup>st</sup> and 2<sup>nd</sup> grade division when the team is playing without a goalie. This is not allowed if the team is playing with a goalie.

### **SELF START/FREE MOVEMENT:**

- The players will follow the new rule of Free Movement but will not follow the rule of Self Start. All play will be started with a whistle.