



# *PAL 2020*

## *GIRLS YOUTH LACROSSE*

### *RULES*



- Field Players Crosse:** Minimum length is 35 1/2" and the maximum length is 43 ". .Third graders may have a minimum length of 32". Mesh pockets are now allowed but no shooting string made from flat shoelaces.
- Protective Eyewear:** See USL Website for approved eyewear, must have the SEI mark of certification
- Goalkeeper:** **Crosse**-Minimum length is 35" and the maximum length is 52"  
Helmet – must meet NOCSAE standards, have a facemask, separate throat protector and properly secured chinstrap. Required Protective Padding **includes** chest, abdominal/pelvic protector, gloves, leg/shin/ thighs.  
**KNEE PADS ARE REQUIRED FOR ALL PAL GOALIES**
- Mouthpiece:** all players must wear a professionally manufactured intra-oral mouthpiece on the upper jaw teeth. May not be altered, or have protruding tabs. The mouthpiece must be a readily visible color other than clear or white AND MUST NOT HAVE GRAPHICS OF WHITE TEETH. This adjustment makes it easier to determine if a player is properly wearing a mouthpiece.
- Ball:** (NOCSAE Approved)  
All grade levels-regulation hard yellow ball or slightly textured orange or light green ball.
- Pocket:** Grades 5, 6, 7 & 8–regulation women's cross  
Grades 3 & 4– modified pocket, half of the ball may fall below the bottom of the side wall.
- Deputy:** No deputy is allowed in goal circle

#### **Pre-Game- Player Verification**

During the pre-game,each Head Coach must identify themselves to the officials and affirm that their players are properly equipped. During the stick check, using the rosters issued by NCPAL, opposing coaches are responsible for verification of the opposing team players. Players not on the roster will be considered ineligible to play. Coaches may permit the ineligible player to play. NCPAL must be notified by the protesting coach of the ineligible player through the Horizon game report even if both coaches agree to let the player play.

**COIN TOSS:** Officials wil conduct a coin toss before each game, the winner receiving the choice of goal to defend or the first possession.

#### **Coach Conduct/Spectator Conduct**

Coaches who feel they have the right to control the umpires during a contest are not in compliance with the "Spirit of the Rules" and fail to "Honor the Game". Poor coaching conduct will be penalized and are subject to League sanctions. The home team coach is responsible for the conduct of all spectators on their field. Inappropriate conduct of any spectator can result in the suspension and or discontinuation of the contest.

No more than three coaches with visible badges are allowed on the team sideline

## **Sideline Manager**

Each team (home or away) will provide a sideline manager whose duty shall be to control effectively the actions of spectators not in conformity with the standards of proper conduct.

## **Jewelry**

Players may not wear jewelry on the field except for Medic-alert jewelry, which must be taped down. Wearing of earrings is not permitted under any circumstances. Covering the earrings with tape or Band-Aids is not permitted. Players will be directed to remove earrings, or they will not be permitted to play.

## **Uniforms**

All team members shall be dressed uniformly with the exception of the goalkeeper whose colors must be of the same color as her teammates. Her top (shirt) must be of the same color as her team. The goalkeeper's shirt must be worn over any chest and shoulder protective equipment. All players must wear numbers, differing from others on the team on the front and back of the uniform shirt. Numbers shall be centered.

**Any field player choosing to wear headgear shall wear it as the manufacturer intended and securely affixed with the chinstrap in place as intended for use.**

## **Duration of Play**

1. **Game Time** - game consists of two 25-minute running time halves for all grade levels. The clock will be stopped on every whistle (to stop play) in the last two minutes of each half, unless there is a 10 goal lead. A maximum of 10 minutes at half time. There is no overtime play.
2. **Game clock** is to be kept by home team. The timer is responsible for counting down the last minute of each half for the referee. A horn is blown as time runs out. The referee should not maintain the clock on the field.
3. **Time Outs** –Each team shall be permitted two time outs per game of 2 minute duration. Unused time-outs from first half carry over to the second half. Teams may call a timeout if they are in possession of the ball or after a goal by either team. On a possession timeout the player will leave the ball on the field at the location it was when the timeout was called. Players will now take their cross off the field and a coach is allowed to substitute

## **Substitutions**

Substitution may take place after every goal and between halves. You may substitute on the fly during play, but players must exit and enter through their own team's team substitution located by the scorer's table. Substitutions are now allowed on possession time outs, girls no longer need to drop their crosses but the ball will remain on the field at the spot it was when the timeout was called.

### **Checking and Definition of Modified Checking**

**No checking is permitted for grades 3 & 4**

**Modified checking (level "A" rules) grades 5, 6, 7 & 8.**

Modified checking is defined as checking the stick only if the entire stick is below shoulder level of the ball carrier. The check must be in a downward direction and away from the body. The 3 seconds closely guarded/ marked rule is still in effect even if the stick is below shoulder level.

### **Playing Field –USL Field dimensions in effect**

Coaching Area- Grade 5-8, Coaches are restricted to their bench coaching area and may not move along the full sideline. Grades 3 & 4 Coaches may move along the full boundary line on the bench/table side of the field only, except for the area directly in front of the opposing team and either team's substitution area. Coaches may not stand near or walk in front of the opposing team area.

Coaches may not stand behind the end line (behind the goalie). Coaches and players must remain behind the level of the scorer's table extended. Violation of this rule is misconduct foul (yellow card). Officials at their discretion may prohibit coaches

from moving along the full boundary line

**Penalty Area** -The penalty area shall be directly in front of the scorers/timers table. A player serving a penalty must sit or kneel in this area.

**Spectators** –all spectators must be on the opposite side of the field from the team bench area and not behind the end lines.

**Field Dimensions:** Optimal field dimensions shall be 65 yards in width and 120 yards in total length, with goals 100 yards apart and 10 yards of space behind each goal line. (See rule 1 pages 5–12) .

**Critical Scoring Area:** is defined by the 12 meter fan in front of the goal and the area behind the goal between the 12 meter marks at the goal line extended and extending to the **END** line.

**Soft/flexible cones,** pylons or flags must be used to mark the outside corner of the field. Substitution Area (TSA): Shall be in front of the scorer's table and centered at the midfield line. No player or coach may remain in the TSA except those involved in the imminent substitution.

#### **Hard Boundaries on the field**

When a player in possession of the ball carries or propels the ball out of bounds or when the player is the last to touch a loose ball before it goes out of bounds, the opponents will be awarded the ball. When a player's foot/feet are out of bounds, she may not take an active part in the game. During the game, players may not run out of bounds and re-enter to a more advantageous position. To resume play, the opponent nearest the ball will place the ball in her crosse and can stand 2m inside the boundary line from the spot where the ball went out of bounds or she can choose to run the ball onto and down the field without breaking stride. Any other player(s) directly involved in the play or in the immediate vicinity of the spot where the ball went out of bounds may also be moved, but they must maintain the same relative position to the player with the ball, when play had stopped and be at least 2m away from the player in possession of the ball. Play cannot be started with a pass from out of bounds. This is a minor foul and the team will lose possession.

#### **3-Seconds When Closely Guarded/Marked-Youth Rule-Minor Foul**

Offensive player with the ball may not hold the ball for more than 3 seconds when closely guarded/checked by a defender who has both hands on her stick and who is in position to legally check were checking allowed. If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. If the defender adjusts her position to where a legal check could be made, or the stick is brought back to a checkable position, the count starts again. If another teammate joins the defender and that second defender (double team) is in good position to check, the count starts again. The attack player must try to keep the stick/ball away from the defender by extending her distance from the defensive player by more than a stick length, or by positioning her stick so that her body is between the ball and the defensive player, or by passing the ball to another team member.

#### **The Draw**

The ball must be placed in the upper third of each head at its widest point. The entire lengths of both crosses are between the ball and the goal they are defending. The entire length of both crosses must be contained within the vertical plane of the center line. On the whistle the two opponents must immediately draw their crosses up from the starting position. The number of players around the circle shall be limited to 3 players from each team. The remaining eight players from each team are not allowed to cross either restraining line until one of the six players around the circle has possession of the ball. The referee who is administering the draw will shout "POSSESSION" and at that time the players can cross the restraining line. If the ball rolls towards the player below the restraining line they can reach over the line with their crosse to play the ball but their feet must remain behind the line. They are allowed to play the ball if it crosses the restraining line even if the referee has not called POSSESSION

#### **Passing Requirements- Grades 3 & 4 only**

1. **Two-Pass Requirement-** Each time a team gains possession of the ball it must attempt two passes before shooting. An

attempted pass is described as a player from one team throwing a pass to another player on her team. The pass does not have to be caught. It will be considered a completed pass if it is caught, or not caught, and picked up by the same team. A teammate of the passer can pick up the loose ball from the ground thus maintaining control of the ball, will count as a pass. Transferring the ball from one girls stick to a teammates stick by turning the stick over and dropping the ball into the stick is NOT considered a pass. Players should be at least 5 yards apart. Passes that a referee considers extremely short and just an attempt to get around the two-pass rule will not count. The referee will use a defenders position in relation to the pass receiver to determine if it is just an attempt to get around the two-pass rule.

2. **Goalie's Clearing Pass** from within the goal circle will count provided it is at least passed 5 yards. The second pass must be made above the midfield line before the second pass will count.

3. **Intercepted Goalie's Clearing Pass**-if the goalie's clearing pass is intercepted, the intercepting team must make 2 passes.

4. **Shot on Goal**- if a team takes a shot on goal and recovers the ball, either because the shot misses the goal or the goalie saves the ball but deflects it outside of the goal circle, then that shooting team can take an immediate shot on goal.

5. **Exception to two pass rule**-if a major foul occurs in the critical scoring area, the fouled player is placed on either the eight meter hash, if the foul occurred in the arc, or at the spot of the foul, if it occurred outside the arc but inside the critical scoring area, and a penalty lane is cleared. When the whistle blows starting play again no passes are required, the player may take the free position shot.

#### **Four Goal Lead**

**Trailing Team** -When a team attains a 4-goal lead, the trailing team is given possession of the ball at the center of the center circle. The opposing center (from the team that is ahead) is placed 4 meters away at a 45-degree angle to either side. All other girls must remain out of the center circle until the whistle blows restarting play. The player taking the free position may run or pass, but may not shoot until the ball is played – ball leaves the players crosse, the crosse is checked by opposing player, or play is stopped due to a foul by the defense.

**Grades 3 & 4 only**- the leading team with the 4-goal differential may shoot only after completing 3 passes below the attacking side of the restraining line. The passes must be caught in the "air" but do not need to be consecutive. Attempted passes do not count. The trailing team is still required to make two attempted completed passes before going to goal.

**Grades 5-8 only**- the leading team with a 6 goal differential may shoot only after completing 3 passes below the attacking side of the restraining line. The passes must be caught in the "air" but do not need to be consecutive. Attempted passes do not count.

#### **Empty Stick Check**

This minor foul is for intentional stick contact during 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.

#### **Shot on Goal**

When a shot or deflected shot on goal goes out of bounds, the player nearest to the spot of the ball when it crosses the boundary line will place the ball in her crosse and stand 2 m inside the boundary line from the spot where the ball went out of bounds. Opponents must give the player with the ball at least 1 m of free space. If the goalkeeper while within her goal circle is the nearest to the ball when it crosses the boundary line, she will remain in her circle and will be awarded the ball to restart play. If a ball is touched by a player before it goes out of bounds but the ball's momentum never stopped the closest player is still awarded the ball. A goal is scored by the whole ball passing completely over the goal line, the shot must be released before time expires.

#### **Obstruction of the Free Space to Goal –Major Foul**

Free Space to Goal is a path defined by two imaginary lines extending from the ball to the outside edges of the goal circle.

A defense player obstructing the free space to goal with any part of her body denies the attack the opportunity to shoot safely and encourages shooting at an unprotected player.

The following points are considered before obstruction of the free space to goal is called:

1. The ball carrier must be within the critical scoring area (12 meters)
2. The ball carrier must be in active pursuit to goal and must have the opportunity to shoot.
3. A defender intentionally marking within a stick's length of the ball carrier is not obstructing the free space to goal.
4. Defenders who are being drawn into and through the free space by cutting attack players are marking are not obstructing the free space to goal.

### **Penalty Zone**

The new penalty zone is the area 8 meters away from the goal circle above the goal line extended and the area created by the extension of the 8 meter mark to the dots and across the dots. This is to minimize the risk around the 8 meter free positions as well as to increase pace of play by limiting repeated obstruction calls, the penalty zone must be cleared when a defensive player commits a major foul in the 8 meter arc. The defense has first right to the hashes on either side of the player with the ball. In addition after the player taking the free position in the arc has been placed on the hash mark and offender 4 meters behind, the players remaining in the penalty zone will take the shortest route out of the penalty zone, if offense and defense is equidistant from the player taking the free position the defensive player is given ball side on the hashmark.

### **Self Start**

Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop, may continue the course of play without waiting for an additional whistle from a settled stance (both feet stationary on the ground and the ball positioned in the head of the crosse). The player fouled must take the free position within playing distance of the spot of the foul. The offending player shall move 4 meters from the player taking the free position as directed by the official. All players must move 4 meters away from the free position. Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage in play with the ball carrier. The player taking the free position may wait until all players are moved 4 meters away.

Self Starts are not an option when: The game clock is stopped, Restraining Line Violations, The foul is in the critical scoring area (excluding boundary balls), Alternating Possession Restarts, Goalie Restart Possession.

### **Free Movement**

Players are now allowed to move on the whistle. On a foul the only two players that are not allowed to move from the spot are the player that was fouled and the opponent that fouled the offensive player. The Self Start must occur within a stick's length of the spot of the foul.

### **Three-Second Violation –Major Foul**

The defense may not remain in the 8m arc for more than three seconds unless she is marking within a stick's length. Within a stick's length is when any part of the opponent's body is inside a crosse's length. The three-second rule is in effect when the team in possession of the ball crosses over the Restraining Line in their attacking half of the field. The intent of this rule is to prevent crowding by the defense in front of the goal. An offensive player in the 8 meter arc that does not have possession of the ball can be marked by only one defensive player.

**GRADES 3 & 4 ONLY:** An offensive player in the 8 meter arc that has possession of the ball can be marked by no more than 3 defensive players.

### **The Pick**

This is a technique in which a player without the ball, who by her positioning, forces the opponent to take another route. To be legal it must be set within the visual field of the opponent allowing enough time and space to stop or change direction. It may be moving or stationary but not blind.

### **Issuance of Cards**

Player receiving yellow card will serve a 2-minute penalty and a red card will serve a 4 minute penalty and the team will play short below each restraining line. A player who receives a yellow or red card will serve the penalty at the scorers table. All penalties are non-releasable. Anyone receiving 2 yellow cards in the game will be suspended from further participation in the game. Anyone receiving a Red card will be suspended from further participation in that game and the team's next game. Should a team receive its fourth card of the game they will play short for the remainder of the game, and an additional player will be removed from the game for each subsequent card received. Any card given to a player or head coach will count toward their team's cumulative total. The carded player will serve the 2 minute penalty time and she may return to the game only if she has not been suspended or ejected and only if another player leaves the field using normal substitution procedures. If the coach is carded, the coach must designate a player who will serve the penalty. If the player receiving the yellow card is the goalkeeper and there is no dressed goalkeeper for the team, the goalkeeper may remain in the game and the coach will designate another field player on the field to take the penalty. If a Coach is issued a red card, the coach will be ejected from the playing area, and reported to the PAL Ethics Chair. If there is no replacement coach, the game will end and the other team will be declared the winner. Umpires have the authority to issue a Post Game Red Card to any player or coach for actions that would have been warranted ejection during the game.