



GIRLS TOURNAMENT RULES

	U8 Girls (1st/2nd grade)	U10 Girls (3rd/4th grade)	U12 Girls (5th/6th grade)	U14 Girls (7th/8th grade)
# of Players	6v6 (6 field players/no goalie - net insert)	7v7 (6 field players and 1 goalie)		
Field Size	Crossfield with an 8-meter arc, goal circle, and midfield line			
Time	(2) 20 minute running halves (central horn)			
Half Time	3 minutes			
Timing	Running Clock; clock does not stop on timeouts. Neither half will end on a major defensive penalty. Add 3 seconds to the clock to set up the penalty shot. If an additional major foul occurs, add 3 seconds and replay. Time will be managed by a central clock/horn.			
Time Outs	One 1-minute time out per half. Clock continues. No timeouts in last 4 minutes of either half.			
Draw	Draw only at beginning of each half. All other players, besides the draw taker, must restrain in the 8M until possession is called. After goal, ball is given to defense to side of goal circle for whistle start.	Draw only after each goal.	Draw only after each goal.	
Minor Fouls	All ages - self start for all minor fouls outside the critical shooting area			
Yellow Card	No cards; player briefly off field; team does not play short.	The player must come off the field and the team must substitute for the player. No "man down." Player serves 2 minute penalty in penalty box (seated or on knees).	Player will serve 2 minute penalty in the penalty box (seated or on knees). After 2 minutes, player is released and can reenter the game or team may substitute for the player.	
Double Yellow Card	No cards; player briefly off field; team does not play short.	Offending player serves 2 minute penalty in the penalty box (seated or on knees). After 2 minutes, team may release a substitute and the offending player is ejected from the current game. No "man down" at U10.		
Red Card	No cards; player briefly off field; team does not play short.	Offending player serves 4 minute penalty in the penalty box (seated or on knees). After 2 minutes, team may release a substitute and the offending player is ejected from the tournament. No "man down" at U10.		
Overtime	No overtime for pool games, games end in a tie. During bracket play, games will be decided via a sudden victory overtime period beginning with a draw.			
Checking	None	Modified Checking, complete stick below the shoulder.		Transitional Checking (full checking with addition of 12" sphere)
Defense	1v1 defense	May double/triple the ball anywhere	Regulation US Lacrosse Rules	
Mercy Rule	No Mercy Rule (7 goal max differential for tiebreakers)			
Pass Rule	Team must attempt one overhand pass on attacking end before a shot can be taken.	No pass rule		
Offsides	2 players restrain	2 players restrain	No offsides	
Shooting	Overhand or sidearm shot must be attempted. The ball may not be rolled into the net. A player's crosse allowed to follow through into the goal circle on a shot. Missed shots that remain in the crease will be given to the defending team. Closest to the ball on a missed shot gains possession. Goals will count if the ball has been released from the stick before the central horn sounds.	Regulation US Lacrosse Rules. Closest to the ball on a missed shot gains possession. Goals will count if the ball has been released from the stick before the central horn sounds.		
Goalies	Net insert will be used on a 6x6 net	Goalies allowed to carry the ball into the goal circle after it has been cleared and played		
Tiebreakers	Tiebreakers for bracket play will be head-to-head play, goals allowed, and then goal differential.			
Rosters	Individual players are only allowed on one roster. No double rostering within the same division.			
Spectators	Must remain on opposite side of the field as the team benches.			
Coaches	One coach from each team may be on the field for instruction but out of the area of play.	Coaches must stay on their half of the field from their bench to the endline on their side of the playing field. (Coaches may not coach from the table or substitution box.) Coach may not cross over the centerline towards opponents bench. A maximum of three coaches may be on the bench side of the field. One person may be at the table to keep score or keep penalty clocks only. No one else should be at the bench who is not in uniform.		

ANY RULES NOT SPECIFICALLY ADDRESSED HERE WILL FOLLOW US LACROSSE YOUTH RULES