



**LEVEL C SPECIFICS**

1. Seven field players, use of a goal keeper is optional.
2. Field size: 50 yds. x 25 yds. is recommended.
3. 8m arc, no 12m fan, no restraining line, center line (no circle).
4. Youth sticks (mesh allowed) or regular women's crosse, modified pocket.
5. No checking.
6. 20-minute halves (max.), running time.
7. May not shoot from any free position.

**WOMEN'S LACROSSE EQUIPMENT:****The Crosse:**

The crosse (lacrosse stick) is made of wood, laminated wood, or synthetic material, with a shaped net pocket at the end. A girl's crosse must be an overall length of 35 1/2 - 43 1/4 inches. The head of the crosse must be seven to nine inches wide. The pocket of the stick must be strung traditionally; no mesh is allowed. The top of the ball when dropped in the pocket must remain even with or above the side walls. The goalkeeper's crosse may be 35 1/2 - 48 inches long. The head of the crosse may be mesh and up to 12 inches wide.

**The Ball:**

The ball must be yellow and made of solid rubber. The ball must be 7.75 - 8 inches in circumference and weigh 5 - 5.25 ounces.

**The Mouthpiece:**

All players must wear mouthguards and protective eye guards.

**Protective Equipment:**

Close-fitting gloves, nose guards, and soft head gear are optional.

**The Goalkeeper's Equipment:**

The goalkeeper must wear a face mask and hard helmet with a mouth guard, throat protector and chest protector. The goalkeeper may wear padding on hands, arms, legs, shoulders and chest which does not excessively increase the size of those body parts.

**OFFICIAL RULES FOR GIRLS YOUTH LACROSSE**

Both Coyotes girls' teams will play Level B rules: Modified checking for juniors; no checking for pee wees. There is no body checking in girls' lacrosse.

**GUIDANCE - NO CHECKING/MODIFIED CHECKING**

Once players have mastered the basic fundamentals, coaches will want to introduce stick checking. Players on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade teams will be allowed to use modified checking as an intermediate step towards full checking. Modified checking is defined as checking the stick if it is below shoulder level, using a downward motion away from the other player's body.

Women's lacrosse is a non-contact game played by 12 players: a goalkeeper, five attackers and six defenders. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins.

**START/STOP PLAY**

All play is started and stopped with the whistle. All players must stop and stand when the whistle blows (to stop play). All may move again when the next whistle blows.

**SCORING**

A goal is scored when the ball passes completely over the goal line and into the goal cage. Scoring must be by an attacker's crosse, and not off the body of an attack player. A goal may be scored off the defender's body or crosse.

At all levels, the clock will be stopped on every whistle (to stop play) in the last two minutes of each half. Teams may choose to play four quarters, but total playing time should not exceed the maximum time for each level. The clock will stop on every whistle (to stop play) in the last minute of each quarter

Women's lacrosse begins with a draw, which is taken by the center position. The ball is placed between two horizontally held crosses (sticks) at the center of the field. At the sound of the whistle, the ball is flung into the air as the crosses are pulled up and away. A draw is used to start each half and after each goal, and it takes place at the center of the field.

Field players may pass, catch or run with the ball in their crosse. A player may gain possession of the ball by dislodging it from an opponent's crosse with a check. A check is a controlled tap with a crosse on an opponent's crosse in an attempt to knock the ball free. The player must be one step in front of her opponent in order to check. No player may reach across an opponent's body to check the handle of a crosse when she is even with or behind that opponent. A player may not protect the ball in her crosse by cradling so close to her body or face so as to make a legal, safe check impossible for the opponent.

All legal checks must be directed away from a seven-inch sphere or "bubble" around the head of the player. No player is allowed to touch the ball with her hands except the goalkeeper when she is within the goal circle. A change of possession may occur if a player gains a distinct advantage by playing the ball off her body.

A slow whistle occurs when the offense has entered the critical scoring area and the defense has committed a major foul. A flag is thrown but no whistle is sounded so that the offense has an opportunity to score a goal. A whistle is blown when a goal is scored or the scoring opportunity is over. An immediate whistle is blown when a major foul, obstruction or shooting space occurs, which jeopardizes the safety of a player.

#### **WOMEN'S MAJOR AND MINOR FOULS**

Fouls are categorized as major or minor, and the penalty for fouls is a "free position." For major fouls, the offending player is placed four meters behind the player taking the free position. For a minor foul, the offending player is placed four meters off, in the direction from which she approached her opponent before committing the foul, and play is resumed. When a minor foul is committed in the critical scoring area, the player with the ball has an indirect free position, in which case the player must pass first.

#### **FOULS FOR YOUTH**

Fouls shall be the same as those outlined in Rule 18 of the US Lacrosse Women's Rules with the following modifications:

1. No shooting on free positions (Level C). (Major Foul)
2. No checking (Level B and C). (Major Foul)
3. Modified checking only (see definitions) (Level A). (Major Foul)
4. No holding the ball for more than 3 seconds when closely guarded/marked (see definitions) and the defense has both hands on her stick and is in position to legally check were checking allowed. (All levels). (Minor Foul)

#### **PENALTIES FOR FOULS**

The penalty for fouls is a free position with all players, including the offender, moving 4m away from the player with the ball. For specifics on major, minor, and goal circle fouls and carding, see Rule 19 (page 41) in the US Lacrosse Women's Rules. A 3-second violation is considered a minor foul with the closest defender to the ball carrier being awarded the ball. The only

modification for these youth rules is in Level C, where all free positions are indirect (i.e., the player with the ball may never shoot directly from the free position).

### **Major Fouls**

**Blocking:** Occurs when contact is initiated by a defender who has moved into the path of an opponent with the ball without giving that player a chance to stop or change direction.

**Charging:** Occurs when a player charges, barges, shoulders or backs into an opponent, or pushes with the hand or body.

**Dangerous Shot:** Occurs when a player propels the ball toward the goal without control, or in the direction of a field player or the goalkeeper.

**Misconduct:** Occurs when a player conducts herself in a rough, dangerous or unsportsmanlike manner, persistently causes infringement of the rules, or deliberately endangers the safety of opposing players.

**Slashing:** Occurs when a defender swings her crosse at an opponent's crosse or body with deliberate viciousness or recklessness, whether or not the opponent's crosse or body is struck.

**Three Seconds:** A defender may not stand within the eight meter arc, unless she is closely marking an opponent, for more than three seconds.

**Obstruction of Free Space:** Occurs when a defender is not closely marking her opponent and is in the free space to goal of the attack player with the ball. The attack player must have the opportunity and be looking to shoot.

### **Minor Fouls:**

**Goal Circle Fouls:** Occurs when any part of an offensive or defensive player's body or crosse, except that of the goalkeeper or deputy, enters the goal circle.

**Warding Off:** Occurs when a player guards a ground ball with her crosse or foot, removes one hand from the crosse and uses her free arm to ward off an opponent, or checks an opponent's empty crosse while she is trying to get possession of the ball.

**Empty Cross Check:** A player may not check an opponent's cross unless the ball is in the opponent's cross.

**Body Ball:** A ball that hits a field player's body to her distinct advantage.