

U.L.A. GIRLS RULES

(updated 6/15/09)

Grade Clarification: The grade level that you attended this year, and/or competed in scholastically, is where you will compete in the U.L.A.. A player may play at only one grade level per year (per U.L.A. Bylaws Section 2.2).

Grade Advancement: A Player is allowed to move up one age group if both affected Coaches and the Parents agree. A 2nd Grader can play in Grade 3 & 4, A 4th Grader can play in Grade 5 & 6 and A 6th Grader can play in Grade 7 & 8.

3rd/4th Grade Conference

RULES: Level C rules, no overtime. Coaches are allowed on the field for instruction. Reset score at halftime.

- To promote passing and catching skills the 3 Pass Rule will remain in effect. At least three different people must be involved in the sequence of the 3 attempted passes with two being across midfield. The Officials will signal when the three pass sequence has been completed.
- The Goalie on the defensive end must remain in the goal circle until the three passes are completed.
Exception: If the ball is on the ground the Goalie can come out to get the BALL only.
- On offense the ball carrier cannot be doubled teamed by the defense until they are within 15 yards of the of the goal circle, unless the offense goes into a stall situation where they are not making an attempt to attack the goal. The Officials will signal when they determine that the offense is stalling.
- 4-second "ball in checkable position by the Offensive player" rule is in effect.
- Repeated violations of the 3-second rule and shooting space rule within the 8-meter arc the offensive team will be given free position and be able to shoot on goal.
- Teams that have their Players stand inside the arc or have their Players run into the arc to block the ball-carrier's route to goal will be given free position and be able to shoot on goal.
- No shooting on free positions (Level C) except as specified above.

PLAY: 8 versus 8 = 2 Attack, 3 Midfield, 2 Defense and a Goalie. Two Players must stay behind the restraining line.

EQUIPMENT: Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.

- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.
- Youth sticks (mesh allowed) or regular women's crosse, modified pocket.

PLAYING AREA: Level C - desirable field length should be 60 yards between goal lines, 10 yards behind each goal, and 45 yards wide, 5' x 5' goals recommended. Field markings should include two goal circles (radius 2m) with a goal line in each and one 8 meter arc for each goal. The mid-field line serves as the restraining line. Hard boundaries will be used.

THE DRAW: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. The team that is behind may choose to continue to draw.

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.

DURATION OF PLAY: Level C - 20 minute running time per half. There will be 4- 5 minute intervals with play stopped at a point were there is no scoring opportunity for substitutions.

CHECKING: No checking (Level C). No holding the ball for more than 5 seconds when closely guarded or marked.

Points of emphasis:

- Please ask your Parents to refrain from yelling at the girl's to shoot regardless of the number of passes.
- Please encourage your Parents to offer only positive comments to the Players on both teams.
- The Coaches & Officials need to work together as partners to promote safe play and a positive learning environment for the Players.
- In the course of a game all Players should be playing multiple positions on the field to develop a variety of skills and well rounded Players.

5th/6th Grade Conference

RULES: Level B rules, no overtime. Coaches are allowed on the field for instruction. Reset the score at halftime.

- To promote passing and catching skills a 2 Pass Rule is in effect. At least three different people must be involved in the sequence of two passes. The Officials will signal when the two pass sequence has been completed.
Exception: A well executed "Give & Go" in the offensive end of the field between two Players.
- The Goalie on the defensive end must remain in the goal circle until the two passes are completed.
Exception: If the ball is on the ground the Goalie can come out to get the BALL only.

PLAY: 12 versus 12 including a Goalie.

EQUIPMENT: Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.

- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.
- Youth sticks (mesh allowed) or regular women's crosse, modified pocket.

PLAYING AREA: 80 yards between goals by 50 yards wide minimum. A restraining line is marked 30–yards from each goal line. 6' x 6' goals required. Hard boundaries will be used.

THE DRAW: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. The team that is behind may choose to continue to draw.

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.

DURATION OF PLAY: 25 minute Halves - running time, (if there is an 8 meter call at the end of the half or game that play will be run.), 1 timeout per half or as agreed upon by the Coaches and Officials due to the weather.

7th/8th Grade Conference

RULES: Level A with no modifications, no overtime. Reset the score at halftime.

PLAY: 12 versus 12 including a Goalie.

EQUIPMENT: Equipment requirements for all levels must be the same as outlined in Rule 2-8 and 2-9 of US Lacrosse Women's Rules.

- Mouth guards and approved goggles are mandatory at all levels. Close fitting gloves and soft headgear are permitted; no hard helmets may be worn except by the goalie
- Goalie must wear helmet, throat protector, chest protector, gloves, shoulder pads and arm pads. Some type of leg padding for the goalie is required. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.
- Youth sticks (mesh allowed) or regular women's crosse, modified pocket.

PLAYING AREA: 100 yards between goals by 50 yards wide minimum. A restraining line is marked 30–yards from each goal line. 6' x 6' goals required. Hard boundaries will be used.

START OF THE GAME: The procedure for the start of the game/draw shall be the same as outlined in Rule 10 of the US Lacrosse Women's Rules with the following modification: for all levels, a free position will be taken at the center by the team with fewer goals if a four or more goal differential exists. The team that is behind may choose to continue to draw.

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.

DURATION OF PLAY: 25 minute Halves - running time, (if there is an 8 meter call at the end of the half or game that play will be run.), 1 timeout per half or as agreed upon by the Coaches and Officials due to the weather.