



SOUTH FLORIDA YOUTH LACROSSE LEAGUE

2010 GIRLS GAME DAY RULES

SFYLL is a recreational league. The purpose of the league is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Emphasis should be on having FUN!

ALL DIVISIONS WILL FOLLOW GIRLS YOUTH RULES IN THE 2010 US LACROSSE WOMENS RULEBOOK WITH SPECIFICATIONS BELOW

SENIOR DIVISION (6-8TH GRADES)

Level A US Lacrosse Specifics

- * 11 field players, 1 goalie
- * Regular field markings, including restraining line
- * Regular women's crosse, regulation pocket
- * **Modified checking:** checking only when entire crosse is below shoulder level. Check must be in a downward direction away from body. (major foul)
- * No passing rule
- * 3 second count violation (minor foul)
- * May shoot from direct free positions
- * 25 minute halves running time

JUNIOR DIVISION (3-5TH GRADES)

Levels B US Lacrosse Specifics

- * 11 field players, 1 goalie
- * Regular field markings, including restraining line
- * Regular women's crosse, modified pocket
- * No checking
- * No Passing Rule
- * 3 second count violation (minor foul)
- * May shoot from direct free positions
- * 25 minute halves running time

BANTAM DIVISION (K-2ND GRADE)

Level C US Lacrosse Specifics

- * 7 field players, no goalie, shot blockers will be used
- * 8m arc, center and goal line, side and end lines, painted on field
- * Youth sticks, mesh allowed, modified pocket
- * No checking
- * 3 second count violation (minor foul)
- * May only shoot from free positions when shot blockers are used; if open goal then no shooting from free positions
- * Each team may have one coach on field during game
- * When a team gains possession, they must attempt 2 passes before they may shoot. (minor foul)
- * 20 min halves running time

ALL DIVISIONS

- * Jersey color conflict: home team will wear pinnies
- * GOALIES must wear a helmet, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shins and thighs and a mouthpiece. She also **must** wear a jersey or pinnie of the same color as her teammates OVER her chest protector.
- * No jewelry of any kind including newly pierced ears.
- * Eye wear and mouth guards are mandatory. Mouth guards may not be clear, white or red.
- * Cones or pylons must be on all four corners of field
- * Home team will provide timer/score keeper, who will stay at the midfield sideline between coaching areas.
- * Max 2 time outs per half per coach (2 min). Bantams may have flexibility with number of timeouts agreed upon by both coaches.
- * Coaches may **only** move along side line on the team side of the field extending from their side of the substitution area to the their end line and may not be in front of the opposing team bench or in front of the substitution area. Bantam: 1 coach from each team allowed on field for the purpose of instructing players.
- * Coaches are asked to notify program director if a player is ejected from a game.
- * All spectators must be on the opposite side of the field from players.

FOUL Definitions (ALL DIVISIONS)

- * 3 second count violation: No holding the ball for more than 3 seconds when closely marked and the defense has both hands on her stick and is in position to legally check if checking were allowed (minor foul)
- * A field player must not enter or have part of her body or crosse on or in the goal circle at any time unless she is deputizing for the goalkeeper (goal circle foul)