

**Southern Edge  
Girls 10U Rules of Play  
Atlanta League  
Spring 2022**

**Format:** (we will follow USA Lacrosse rules, with the following modifications)

- \*6 v. 6 (6 field players with NO goalies)
- \*short field - 60-70 yards approx
- \*begin both halves with draw, all other players stand in 8 meter arc until possession
- \*Other team will clear ball up field after goal
- \*No checking and 3 second good defense applies
- \*Must play 1 v 1 defense
- \*8 meter arc (no 12 meter)

**Game Length:**

- \*2 - 20 minute running clock halves
- \*5 minute half time
- \*One 2 minute timeout per team per game (kept by official)
- \*No timeouts permitted in last 5 minutes of second half

**\*League Scoring:**

League seeding will be determined by: 1) head to head record; 2) goals against; and 3) goal differential.

**Rules of Play:**

All rules will be from USA Lacrosse for 2022 season, with any modifications we have noted.

**Fouls:** Games and halves may not end on a defensive penalty set up inside the CSA (major fouls only). Officials are to set up the foul and add 3 seconds to the clock. During the 3 second add on, regular game rules exist, including the potential for another defensive foul, passes, a shot or goal.

**Carding:** Yellow carded players must leave the field for 2 minutes without a sub. A player who receives a second yellow card will be suspended for the remainder of that game but can participate in the next game.

**Alternate Possession:** Team with light colored uniform will get first alternating possession for each game, at officials' discretion.

**Below is Additional Info from USA Lacrosse Youth Rule Book to Assist New Coaches and Parents in understanding the game:**

**Self Start (restarting play)** - For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self-start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official. Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier. NOTE: the player taking the free position MAY wait until all players are moved 4 meters away, and then play may be commenced on the official's whistle.

*Self - start is not an option when:*

- 1) The game clock is stopped
- 2) There is a restraining line violation
- 3) The ball is in the critical scoring area, excluding boundary restarts
- 4) There is an alternate possession
- 5) There is an inadvertent whistle
- 6) A goal is scored

**Free Movement** - free movement for players is allowed on a whistle or stoppage of play. Boundary rules and clearing of the penalty zone are still in force. For major fouls anywhere on the field, the offending player must move 4 meters behind the player taking the free position and stand until play is restarted with a whistle or self start. For minor fouls, the offending player moves 4 meters away in the direction from which she approached.

**Out of Bounds:**

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball and play will be restarted closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, and may self start without stopping in bounds. Note: out of bounds as a result of a shot on goal results in possession to the player whose stick or body was closest to the ball when it went out of bounds.

**Fouls & Administration of Penalty:**

- I. **Minor Fouls:** (related to procedural issues) - penalty administration is 4 meters **away** from the ball in direction player was coming from who fouled; and the ball is at least 12 meters from the goal circle.
- a. *Covering the ball* - cannot cover the ball with foot, body or stick, preventing an opponent from playing the ball
  - b. *3 Seconds Good Defense*
  - c. *Empty Stick Check* - cannot check or impede an opponent's stick when her crosse is not in contact with the ball. This applies only if the opponent could have received or gained possession of the ball, incidental contact while making a play for the ball is not a foul.
  - d. *Hand Ball* - touching the ball with hand (except goalie)
  - e. *Illegal substitution*
  - f. *Warding* - guard the crosse with an arm. If one hand is removed from the stick, the free hand may not be used to ward off an opponent, deliberately or otherwise.
  - g. Note: players can kick ball at this level as long as no danger to other players (cannot do it at younger levels)

- II. **Major Fouls:** (related to safety issues) - penalty administration is 4 meters **behind** and the ball is at least 8 meters from the goal circle.
- a. *3 Seconds on Defense in 8 Meter Arc*
  - b. *Shooting Space* - defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length
  - c. *Goal circle violations* - no player (other than goalie) can enter the goal circle at any time. Offensive players may NOT follow through into the goal circle on a shot.
  - d. *Restraining line violation* - 2 players must stay behind the midfield line on defense
  - e. *Illegal Contact* (can also be a card if excessive) - legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off of her position or path is illegal contact. Illegal stick to body contact (horizontal stick positioning) or any contact deemed dangerous should be called.
  - f. *Illegal Check* (can also be a card if excessive or check to head or neck)-modified checking below the shoulder is permitted at 12U. Any check above the shoulder or into the sphere or forcing the opponents' stick into the sphere constitutes an illegal check. Check to the head and neck and a slash are mandatory cards.
  - g. *Blocking* - block her opponent by moving into her path without giving her a chance to stop or change direction and contact occurs

- h. *Charging* - charge, barge, shoulder or back into an opponent, including a player pushing into an opponent's stick
- i. *Holding*
- j. *Illegal Pick* - set a moving or stationary pick outside of the visual field of an opposing player which does not allow enough time or space to stop or change direction and contact occurs
- k. *Pushing*
- l. *Reaching across opponent's body to check*
- m. *Shooting Space*
- n. *Slash* (mandatory card)

III. **Cardable/Misconduct:** penalty administration is a card (yellow or red) and ball is at least 8 meters from the goal circle. Yellow cards require a 2 minute penalty time for the player who committed foul and the team plays short for those 2 minutes.

- a. *Shooting Fouls* - players are responsible or not shooting at or into other players and to maintain a safe follow through on all shots. **Dangerous Propel** (*following through with dangerous propel of ball on shot*) and **Danger Follow Through** (*following through dangerously with stick on a shot*) are mandatory cards. Dangerous Shot is on the goalie (does not apply to us because we don't have goalies).
- b. *Unsportsmanlike Conduct* - participants are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language or obscene gestures by players, coaches or spectators shall result in a penalty (card to the team, coach or player).

#### **Mandatory Cards:**

1. Dangerous Propel
2. Dangerous Follow Through
3. Check to head or neck
4. Slash

#### **Definition of Applicable Terms:**

**Blocking** - (major foul) - takes place when a player moves into the path of a player with the ball without giving that player a chance to stop or change direction causing contact. When a player is running to receive the ball, a "blind side" defense player must give her enough time and/or space to change her direction.

**Body Checking** - is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosses with her body and causing her to slow down, change direction, or pass off the ball.

**Charging** - takes place when the player with the ball is pushed into, shouldered, or backed into and makes bodily contact with her opponent who has already established her position (though not necessarily stationary)

**Critical Scoring Area** - indicates the area at the end of the field where the attacking team is shooting for goal. Its boundaries are 12 meters (13.1 yards) in front of the goal circle to the end line and 12 meters (13.1 yards) to each side of the goal circle. No extra lines will be marked on the field and this will be called in the judgment of the official.

**8 Meter Arc** - is the area in front of each goal circle inscribed by two lines drawn at 45 degree angles extending from the intersection of the goal circle and the goal line (extended); connected by an arc marked 8 meters from the goal circle.

**Free Position** - is the penalty awarded for any foul. The player taking the free position may run, pass or shoot. A major defensive foul within the 8 meter will result in an offensive position on an 8 meter hash. This player may go to goal.

**Free Space to Goal** - is a path to goal within the critical scoring area as defined by 2 lines extending from the ball to the outside of the goal circle. No defense player may be penalized if positioned below the extension of the goal line.

**Goal Circle** (crease) - is the circle around the goal to protect the goalkeeper. No player's stick or body may break the plane of the goal circle.

**Held Whistle** - is when the official refrains from enforcing a rule when a player is fouled and maintains quality possession and calling the foul would disadvantage the non-offending team.

**Indirect Free Position** - is the penalty awarded for a minor field foul by the defense inside the 12 meter fan. The player taking the free position may run or pass but may not shoot until another player has played the ball.

**Marking** - is guarding an opponent within a stick's length.

**Modified Checking** - is an attempt to dislodge the ball from an opponent's crosse in which the checking crosse movement solely occurs below the shoulder of the player with the ball. The check must be down and away from the body.

**Penalty Lane** - is the path to the goal that is cleared when a free position is awarded to the attacking team inside of the critical scoring area, in an area in front of the goal line. The path is defined by the imaginary parallel lines that extend from the width of the goal circle to the ball. All other players must clear this lane when a free position is awarded in front of the goal.

**Played** - refers to an action whereby the ball leaves the players' crosse and is touched by another player, or her crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by her opponent. The ball does not have to be successfully dislodged from the stick to be played.

**Sphere** - is the 12 inch area surrounding the head in all directions

**3 Second Violation on Defense** - when a player while defending in the 8 meter arc remains in that area for more than 3 seconds without marking an opponent within a stick's length.

**3 Seconds Good Defense** - a player with the ball may not hold the ball for more than three (3) seconds when a) closely guarded; b) the defense has two hands on their stick; c) the defense is in a position to legally check if checking were allowed.

**Slash** (mandatory card) - reckless and/or dangerous swing of the crosse at an opponent's crosse or body. A slash will be called regardless of whether or not contact is made with an opponent's crosse or body.

**Shooting Space** - with any part of her body, guard the goal outside the goal circle so as to obstruct the free space to goal, between the ball and the goal circle, which denies the attack the opportunity to shoot safely and encourages shooting at a player. Shooting space is in effect when the ball is within the critical scoring area and above the goal line extended. The Critical Scoring Area is defined as the area from the 12 meter fan to the end line. Shooting Space applies only if initiated by the defender and not if she is drawn into the free space to goal by an attacking player. This positioning applies to a defender not marking an attack player within a stick's length.