

**Southern Edge
Girls 2nd-5th Grade
Rules of Play
Chattanooga League
Spring 2024**

Overview:

*We will follow USA Lacrosse Youth guidelines, NFHS rules, and USA Lacrosse rules on small sided play, with the following modifications:

*5v5 (5 field players with no goalie); goal size 4 x 4

*short field - approx. 60 x 30 yds

*No offsides - all players play both offense and defense

*regulation stick and ball (modifications for younger players permitted)

*begin all quarters with draw

*All other players stand in 8 meter arc until possession

*defense will clear ball up field after goal

*modified checking permitted (see definition below)

*3 second good defense applies (see definition below)

* Mandatory Pass Rule - (see explanation below) offensive team must make a minimum of 2 attempted passes before shooting on goal

Game Length:

*4 - 10 minute running clock halves

*5 minute half time

*No timeouts

POINTS OF EMPHASIS THIS YEAR PER USA LACROSSE IS STICK-TO-BODY CONTACT AND DANGEROUS PLAY IN THE 8 METER ARC. PLEASE READ BELOW AND UNDERSTAND AND TEACH YOUR GIRLS CORRECT DEFENSIVE POSITIONING.

STICK TO BODY CONTACT:

Legal and safe use of the crosse is essential for the minimization of risk to players. It is also critical for the preservation of girls' lacrosse as a game which allows players to play

with limited protective equipment. Players must not initiate stick-to-body contact by using the stick to hit, push or displace an opponent. Officials must recognize, call and penalize illegal stick-to-body contact as required by the rules. Legal defensive stick positioning is a stick held vertically with the head of the stick above the 10 o'clock and 2 o'clock positions. Illegal stick-to-body contact occurs when a defender contacts an opponent's body with a stick held in a horizontal position, regardless of who initiated contact. This is a major foul and must be called by the officials. Proper coaching, appropriate play and diligent officiating regarding legal use of the stick will minimize injury and put safety first.

DANGEROUS PLAY IN THE 8 METER ARC:

Players can play safely in this area by maintaining control of their stick and body, avoiding stick-to-body contact, shooting safely, and not pushing opponents. Controlled and safe play in the 8 meter arc, coupled with effective officiating can significantly decrease injuries while maintaining the pace of the play and the integrity of the game.

Minor Fouls: (see below for definitions and penalty admin)

1. Covering the ball
2. 3 second good defense
3. Empty stick check
4. Hand ball
5. Illegal substitution
6. warding

Major Fouls: (see below for definitions and penalty admin)

1. 3 second violation on Defense in 8 Meter Arc
2. Shooting space
3. Illegal contact
4. Illegal check
5. Goal circle violation
6. Blocking
7. Charging
8. Holding
9. Illegal Screen

10. Pushing
11. Reaching across opponent's body to check
12. Slash

Certain fouls because of the safety issue to players is an automatic yellow card violation. These are as follows:

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

Note: Any foul in the officials' discretion that is a safety issue, is a cardable offense

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 the from 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. *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.
- e. *Illegal Check* (can also be a card if excessive or check to head or neck)- modified checking below the shoulder is permitted. 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.
- f. *Blocking* - block her opponent by moving into her path without giving her a chance to stop or change direction and contact occurs
- g. *Charging* - charge, barge, shoulder or back into an opponent, including a player pushing into an opponent's stick
- h. *Holding*
- i. *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
- j. *Pushing*
- k. *Reaching across opponent's body to check*
- l. *Slash* (mandatory card)

III. **Cardable/Misconduct (excessive)** - 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 the 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).

Definition of Applicable Terms:

Attempted Pass - When a player attempts to pass using mechanics of throwing the motion, in the specific direction of a teammate. It must be a true attempt to successfully pass the ball.

Modified Checking - is an attempt to dislodge the ball from an opponent's crosse, where the checking movement solely occurs below the shoulder of the player with the ball. The sticks of both offense and defensive player must be below their shoulders during such a stick check. Additionally, the check must be down and away from the body.

Within a Stick's Length - is when any part of the opponent's body is inside a crosse's length. It is the distance a player must be to her opponent to be actively marking this opponent. If a defender is inside the 8 M arc and not within a stick's length of her opponent (1 v 1) for more than 3 seconds, the defender will be called for 3 second violation and offense gets a free shot on goal.

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. This is a major foul and results on a free position on the closet hash mark on the 8 Meter arc.

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.

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. If a defensive player is in an opponent’s “free space to goal”, the defender is committing a “Shooting Space violation” and there should be an immediate whistle because of players’ safety. 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.

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

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.