

2019 Girls Youth Rules

Italics represent COGYLA modifications to US Lacrosse rules

Category	8U - 1 st /2 nd	10U - 3 rd /4 th	12U - 5 th /6 th
Players	4v4 / No GK	8v8 / 7 field + GK	8v8 or 12v12
Field Size	Cross field	Cross field	8v8: cross field 12v12: full field
Field Lines	Goal Circle	Goal Circle, 8m, midfield line	8v8: U10 lines 12v12: HS lines
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'
Balls	Softer ball <i>or regulation</i>	Regulation	Regulation
Scorekeeping	No score kept	<i>No score kept for rec games</i>	Score kept
Sticks	No pocket requirements	Modified pocket allowed	Regulation <i>or modified pocket</i>
Length of Game	2x12" running	2x20" running	2x20-" running <i>with stoppage last 2 minutes of half</i>
Timeouts	No team timeouts	No team timeouts	1 team timeout
Overtime	No overtime	No overtime	<i>No overtime</i>
Start of Game/Half	Coin toss; players start in defensive end (4m apart)	Draw each half; 1 player at draw, 3 players from each team at both 8m	8v8: Same as 10U 12v12: HS Draw
Start After Goal	Ball to defender to side of goal circle; remaining players moved 4m away	<i>Goalkeeper free clear</i>	Draw, 4 goal mercy rule optional
Restraining Line	None	2 field players behind (midfield line)	8v8: same as 10U 12v12: 4 field players behind
Cards	No cards, teams do not play short	Yellow: Player sits for 2 min Red: Player out for game Team does not play short	Yellow: Player sits for 2 min Red: Player out for game <i>Team does not play short</i>
Ground Balls	No more than 1 player from each team; kicking ball not allowed	No more than 1 player from each team; kicking ball not allowed	No restrictions; kicking allowed
Covering Ball	No covers at any time	No covers at any time	No covering ball with opponent in playing distance
Minimum Pass Rule	<i>Two passes initiated and received (in close vicinity of receivers stick) on attack half of field prior to shot</i>	<i>Two passes initiated and received (hits head of the stick) on attack half of field prior to shot</i>	No pass rule
1v1 Defense	Must play 1v1 defense	Must play 1v1 defense in midfield	Not applicable
Checking	No checking	No checking	<i>Modified checking below the waist</i>
3 sec, closely guarded	Applies	Applies	Applies
3 sec, 8m arc	Not applicable	Applies	Applies
Major Fouls	Illegal/dangerous contact & unsportsmanlike	Major fouls per 2019 NFHS Rules Book <i>See reverse for new rules pertaining to fouls inside 8m</i>	Major fouls per 2019 NFHS Rules Book <i>See reverse for new rules pertaining to fouls inside 8m</i>
Officials	1 coach from each team on field	1 required	8v8: 1 required 12v12: 2 required
Self Start	Applies (see reverse)	Applies (see reverse)	Applies (see reverse)

2019 Girls Youth Rule Changes

5.4 Restarting Play – Self Start (8U, 10U and 12U)

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 commence on the officials' whistle.

Self-start is not an option when:

1. The game clock is stopped;
2. There is a restraining line violation; (not applicable at 6U)
3. The ball is in the critical scoring area, excluding boundary restarts;
4. There is an alternating possession;
5. There is an inadvertent whistle; or,
6. A goal is scored.

Penalty Administration for Major Fouls in the 8-meter arc: (10U and 12U Only)

For a major foul by a defense player which occurs in the 8-meter arc:

1. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc with her feet behind the arc.
2. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
3. All players' and sticks must be 8 meters away from the goal circle above goal line extended and the area created by the extension of the 8-meter mark to the dots and across the dots.
4. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
5. All players must take the shortest route out.
6. A defender may take the ball-side position on the adjacent hash if that is her shortest route out.