

## Girls 3rd/4th grade rules- 2009

### Rules:

1. Level "C" Girls Lacrosse rules will be followed
2. Level C - desirable field length is 50 yards between goal lines, 10 yards behind each goal, and 25 yards wide. Field markings should include two goal circles (radius 2m) with a goal line in each, two 8m arcs around each goal circle and a center line
3. Seven Players per side (2-3-2)
4. Goalies- Goalies will not be used. We will play open goal. (no Net Nanny's)
5. No Checking allowed.
6. Encourage player to player defense: No Double team except inside the 8M arc. Officials will try to call shooting space- but it is more a call when defense players all run to front of goal- what to do is Move player back outside arc(if no arc on field then move back 5 yards from goal. One on one defender- This is indirect free position and must pass before shooting
7. Use center line to separate offense and defense, only 5 players allowed in the offensive or defensive end.
8. 20 minute running clock: Clock stops on Goals and every whistle last 2 min. of each half and on Subs.
9. Sub on whistles, after goals, Timer to announce 15,10,5 minutes left in each half.
10. Two quality pass attempts on attack side before shooting (do not have to be catches). Quality Pass - exchange of the ball through the air from one teammate to another. No handoffs. Pass must be initiated in the attack zone. Quality as defined as pass attempt to another girl, not throwing ball just down field, or doing handoff to another girl.
11. May not shoot from free position
12. Ground Balls- refs will try to keep it two girls per team battling for a ground ball
13. Coaches should not be on field during play.
14. Protective eyewear required.
15. If holding ball and standing becomes an issue: Officials will use 5 second count when closely guarded/marked and the defense has both hands on her stick and is in position to legally check if checking allowed.