

## 2016 FGLL RULES CARD

### The Field

- 1/2 & 3/4 Grades: Field is 60 x 40 yards. Mark the corners of the field with tall cones, the 8-meter arc with flat cones and portable goal circles (Bownet brand or similar). Midfield serves as the restraining line.
- 1/2 Grade: Shot blockers are used rather than goalies. When a shot is blocked by the shot blocker and ends up in the crease, a defender may enter the crease for the ground ball and continue play.
- 5/6 and 7/8 Grades: Regulation, full-size field with conventional markings: goal circle, 8-meter arc, 12-meter fan, sideline and end line boundaries, restraining lines. Place cones on player sideline 5 yards on either side of midfield to designate the substitution area. All players must leave and enter the field between these cones.
- Spectators must sit on the sideline opposite the player's benches.

### Number of Players

- 1/2 Grade: 7 field players, NO GOALIE. Two players must remain behind the restraining line (midfield). Coaches assist in monitoring off sides. When a shot is blocked by the shot blocker and ends up in the crease, a defender may enter the crease and pick up the ball with their stick and continue play.
- 3/4 Grade: 7 field players plus a goalie for a total of 8. Two players must remain behind the restraining line (midfield). Coaches assist in monitoring off sides.
- 5/6 and 7/8 Grade: 11 field players plus a goalie for a total of 12. Four players must remain behind the restraining line.

### Coaches

- 1/2 Grade: One coach per team is allowed to be on the field during play.
- 3/4, 5/6 & 7/8 Grade: Coaches allowed ONLY between their own end line and substitution line.
- All Grades: No more than 3 coaches allowed on the sideline.

### Equipment

- Boy's lacrosse sticks are not allowed.
- Regulation stringing required – stick check at umpire's discretion.
- Eye protection for all levels must be the same as outlined in US Lacrosse Women's Rules.
- US Lacrosse-approved protective eye gear and mouth guards are mandatory. Mouth guards with "white teeth" graphics are not allowed.
- Close fitting gloves and soft headgear are allowed; no hard helmets allowed except by the goalie.
- No jewelry is allowed on the field – including earrings in newly pierced ears. Eye black shall be regulated – no "face paint" with eye black.
- Goalie must wear a helmet with a facemask, separate throat protector, chest protector, abdominal and pelvic protection, goalie gloves, and leg padding on the shins and thighs. The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. All protective devices used should be close fitting, padded where necessary, and not be of excessive weight.

### Duration of Play

- 1/2 & 3/4 Grade: Two 20-minute halves, running time.
- 1/2 Grade: Draws only to start game and second half. Possession alternated after each goal at midfield.
- 5/6 & 7/8 Grade: Two 25-minute halves, running time.  
All grades: one 2-minute timeout per half per team. Clock stops during timeout.
- Home team responsible for keeping time.

### 3-Pass Rule

- 1/2, 3/4 & 5/6 Grade: Pass count resets only when the ball crosses midfield. After any shot, rebound, or a loss of possession, if the ball is recovered before it is brought back over midfield, that team retains any accumulated pass count. The goalie clear counts as a pass. If played back to goalie, the count remains at one. Umpires are responsible for audibly counting competed passes.
- 7/8 Grade: No 3-pass rule.
- 7/8 Grade: There is no coast-to-coast rule. Please notify your town director after the game in the event of excessive coast-to-coast activity.

### Offensive 3 seconds

- All grades: Holding the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed results in a change of possession. (All levels, Minor Foul).

### Checking

- 1/2, 3/4 & 5/6 Grade: No checking.
- 7/8 Grade: Modified checking. Entire stick must be below the shoulder. Stick-to-stick contact is not necessarily a violation if the attacking player initiates contact.

### Scoring

- All grades: No scoreboards allowed. The coach of the trailing team can request an indirect free position at midfield in the event of a 4-goal differential – giving possession to the trailing team rather than a draw. Coaches should discretely make adjustments in the event of lopsided play – so as to not run up the score.
- 1/2 Grade Only – Draws only to start game and second half. Possession is alternated after each goal at midfield.

### Zero Tolerance

- FGLL has zero tolerance for misconduct of players, coaches or spectators. Coaches please email your town director immediately following the game to report any misconduct.
- FGLL defines misconduct as any action taken by an individual that interferes with the safety and/or sportsmanship of the game, including verbal comments to umpires, players or coaches.
- A team follower's misconduct may result in a yellow or red card assessed to the coach. Penalties assessed for misconduct must be reported to the FGLL Competition Committee via an incident report ([www.fgll.org](http://www.fgll.org)).

### Remind Umpires About These Youth-Specific US Lacrosse Rules

- Offensive 3-seconds: Holding the ball for more than 3 seconds when closely guarded/marked and the defense has both hands on her stick and is in position to legally check were checking allowed results in a change of possession. (All levels, Minor Foul).
- Goal Circle Violation: If any part of the player's body or stick crosses over the goal circle, the goal does not count.
- Goalie Clear – No deputy allowed at any level.
- Yellow Card – The player must leave the field for two minutes and the team must play short a player below the restraining lines on each end of the field. This means you must always have 4 back behind the restraining line. The penalty is 2 minutes and must be served completely. The penalty is not released if a goal is scored.
- 1/2 & 3/4 Grade – In the event of a yellow card, a substitute is brought into the game so that teams play at full strength at all times.

### 2016 Umpire Fees

(Home team pays all fees)

	ADULT UMPIRE ALONE	JUNIOR UMPIRE ALONE	2 ADULT UMPIRES	1 ADULT & 1 JUNIOR UMPIRE	2 JUNIOR UMPIRES
1/2 & 3/4	<b>\$50</b>	<b>\$30</b>	<b>N/A</b>	<b>N/A</b>	<b>\$30 ea.</b>
5/6	<b>\$70</b>	<b>\$50</b>	<b>\$50 ea.</b>	<b>\$70 &amp; \$30</b>	<b>\$50 ea.</b>
7/8	<b>\$70</b>	<b>N/A</b>	<b>\$50 ea.</b>	<b>\$70 &amp; \$30</b>	<b>N/A</b>

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