2020 GIRLS YOUTH RULES
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Resources
Resources

2020 Girls’ Youth Rules Book
- www.uslacrosse.org/rules/girls-rules

2020 High School Rules Interpretation Video
- www.uslacrosse.org/rules/girls-rules

2020 Girls Youth LaxCon Rules Presentation
www.uslacrosse.org/rules/girls-rules

2020 Women’s Game Officials Training Manual
www.uslacrosse.org/officials/officials-resources

Supplemental Rules Information
www.uslacrosse.org/rules/girls-rules
Rules Interpretation
Questions

Email: girlsrules@uslacrosse.org

• Indicate “level of play” for the question.

• Identify the applicable Rule number and Rules Book pages.
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Youth Rules Overview

8U

- 4v4 with no goalie
- Cross field – 60-70 yards x 35-45 yards
- Soft ball
- Eyewear required
- No draw
- Play 1 v 1 defense and no checking
Youth Rules Overview

10U

- 8v8 including goalie
- Cross field – 60-70 yards x 35-45 yards
- Traditional stick and ball, modified pockets allowed
- Eyewear required
- Draw to start the half
- Play 1 v 1 defense and no checking
- Introduction of restraining line and 8 meter
Youth Rules Overview

12U

- 8v8 or 12v12 including goalie
- Full field – 110-140 yards x 60-70 yards
- Traditional stick and ball
- Eyewear required
- Draw to start the half and after goals
- Modified Checking
Youth Rules Overview

14U

12v12 including goalie

Full field – 110-140 yards x 60-70 yards

Traditional stick and ball

Eyewear required

Draw to start the half and after goals

Transitional Checking
Quick Reference Cards:

2020 Youth Rules Book includes Quick Reference Cards.

- Reference cards list the primary rules for the level of play.
- Separate reference cards are provided for each level of play.
2020
Points of Emphasis
POE focuses on starts and restarts during this second year of self-starts.

- Officials should not disadvantage the ball carrier when resetting play on a self-start.
- Players must recognize the call being made and self-start within playing distance of the foul.
- If a whistle start is required and a player self-starts, a false start penalty will be administered.
Delay of Game – Self-Start

POE focuses on delay of game outside the CSA.

- Players shall be penalized when they repeatedly:
  - Attempt to self-start beyond a playing distance.
  - Fail to stand when required.
  - Fail to move when directed.
  - Encroach on ball carrier prior to play commencing.

- Officials are encouraged to manage delays with a warning and use of delay of game cards.
Repeated Fouls

POE focuses on limiting repetitive fouls and managing illegal play especially with the introduction of free movement.

• Repeated fouls:
  ✓ Disrupt flow of play.
  ✓ May result in dangerous play.
  ✓ Place players at risk.

• Officials should:
  ✓ Be aware of situations when teams and players continually foul.
  ✓ Utilize warnings change players’ behavior.
  ✓ Administer cards when appropriate.
2020
Youth & High School Rule Changes
Field Crosse

Stick Check Procedure:

- Check stick to confirm the ball rolls out of back of pocket when placed in upper third of the head at its widest part and the stick and head are tilted 90 degrees.
Personal Equipment

Eyewear:

- All eyewear on the playing field must be SEI certified and will be listed on the SEI website.
Personal Equipment

Equipment Modifications:

- Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

- No adornments or accessories allowed such as:
  - Face shields
  - Mohawks
  - Go Pro Cameras

- Paint, decals and tape are permitted.
Electronic Equipment

Replay Equipment:

- Electronic devices, video replay or television monitoring equipment shall not be used for any review of an official’s decision.
Possession Time Out

Rule 4-3-3:
When a possession time out is called:
• Play will resume at the spot of the ball.
  ✓ Unless the ball is in the CSA.
• When the ball is in the CSA, play will resume at the closest dot.
  ✓ Unless time out has been called prior to administration of a free position, then play will resume with administration of the free position.
• Substitutions will be permitted with the exception of a player being awarded the ball for a free position and the offender.
Possession Time Out

Player Positioning:

When a possession time out is called:

• Players may move freely on the field when returning after the time out except for a player being awarded the ball for a free position and the offender.

• Players may not be closer than 4M to the ball carrier unless it is a boundary ball restart.

• If play is resumed at a boundary line with a boundary ball, then defensive players shall provide 2M of clear space from the spot where the player steps onto the field from out of bounds.

• If play is restarted with a free position, player positioning for administration of the foul shall apply.
Substitutions

Previous substitution rules that are unchanged:

• All substitutions must be through substitution area.
• Substitute may not enter field until player she is replacing has entered the substitution area.
• After a goal, substituting players may immediately enter the game.
• No substitutions allowed:
  ✓ After official’s hand on sticks for the draw.
  ✓ During a re-draw.
  ✓ During injury time out except for replacing injured player.
  ✓ During misconduct time out.
Substitutions

New substitution rules:

• Substitutions will be permitted during a possession timeout except for the player being awarded the ball and the offender.

• A player running toward the substitution area when the whistle blows does not have to stop. She may continue to complete the substitution.
Starting and Restarting Play

Free Movement:

- Rules have changed so the ball is no longer “dead” when the official blows whistle and all players are no longer required to “stand”.
- New rules allow free movement of players.
Starting and Restarting Play

Free Movement – General Requirements:

• Players not involved in a free position may move freely on the field during a whistle or stoppage of play except they shall:
  ✓ Move 4M away from player taking a free position.
  ✓ Give ball carrier at least 2M of free space (stick and feet) where the ball carrier steps onto field from out of bounds.
  ✓ Clear the penalty zone and penalty lane when applicable.

• Goalkeeper may move back to goal circle if she is not involved in a free position, there is not an illegal deputy foul, or she is not bringing a ball in from out of bounds from a position at the boundary line.
Starting Play - Draw

Players on Field:

- Any number up to 12 players of each team may be on the field before the start of each draw.
  - Not applicable to 8U and 10U because games played with less than 12 per team.
  - Not applicable to 12U if teams are playing 8v8.
Starting Play - Draw

Players Entering Field:

- Players may not enter field after official’s hand is on sticks for the draw.
- Violation of the rule is:
  - ✓ Minor Foul
  - ✓ Early Entry on Draw
Boundaries

Resuming Play:

When a ball goes out of bounds:

• Opponent nearest the ball shall bring ball inbounds.

• Ball carrier shall bring ball inbounds relative to the spot where the ball went out of bounds.

• Opponents must give the ball carrier 2M of free space (stick and feet) from where she steps inbounds.
Boundaries

**Resuming Play:**
When the ball goes out of bounds, the player bringing ball inbounds:

- May self-start from out of bounds.
  - ✓ She is not required to come to a stop before commencing the self-start from out of bounds.
  - ✓ She may not pass from out of bounds.
- May step in bounds and self-start from a settled stance within 2M from where she entered the field.
- May step in bounds and wait for a whistle start within 2M of where she entered the field.
Boundaries

Resuming Play:

Boundary Self-Start from Out-of-Bounds:

- Ball carrier enters the field and continues play without pausing or stopping.

- Defense may engage in play with the ball carrier when she has moved on the field more than 2M from where she entered the field.
Boundaries

Resuming Play:

Boundary Self-Start on the Field:

- Ball carrier enters the field and pauses within 2M from where she entered the field, then restarts play; she has self-started.

  - Defense may engage in play with the ball carrier when she steps or passes after pausing.
Boundaries

Resuming Play:
Boundary Whistle Start on the Field:

- Ball carrier enters the field and stops within 2M of where she entered the field and waits for a whistle start.
  - Defense may engage in play with the ball carrier when the whistle is blown.
Boundaries

Resuming Play:

- If the defense engages the ball carrier before allowed on a boundary ball:
  - Official shall direct player positioning.
  - Ball carrier may self-start, if self-start is allowed, or wait for a whistle start.
- A delay of game card may be given for repeated violations.
Boundaries

Shot or Deflected Shot:

- When a shot or deflected shot goes out of bounds the player whose body or crosse is inbounds and nearest the ball when it crosses the boundary will gain possession.

✓ Ball carrier shall bring ball inbounds according to the boundary rules.
Minor Fouls

Covering:

- Cover a ground ball with her foot, body or crosse preventing an opponent from playing the ball.
Minor Fouls

Delay of Game:

- Failure to stand when a player is required to stand excluding the false start penalty for an illegal self-start.
Minor Fouls

Early Entry on the Draw:

- Enter the field after the official’s hand is on the sticks for the draw.
Minor Fouls

Improper Equipment:

• In 2019, an equipment rule was added requiring all headgear to be properly worn and securely fixed with a chinstrap.

• In 2020, rule added to clarify a minor foul for Improper Equipment occurs for a failure to properly wear headgear.
Major Fouls

Check to Head (Mandatory Card):

• No player’s crosse may hit or cause her opponent’s crosse to hit the opponent’s head or neck.
Major Fouls

False Start:

- New rule states a False Start occurs when players self-start when self-start is not an option.
- Note: Self-start is not an option when:
  - Game clock is stopped;
  - Offside foul;
  - Foul in the CSA, excluding boundary restarts;
  - Alternating possession;
  - Inadvertent whistle; or
  - Goal is scored.
- The new false start rule does not apply to 8U and 10U.
Major Fouls

Adjacent Hash Marks:

• For major foul by a defense player within 8M of the goal circle above the goal line extended:
  ✓ Defending players are entitled the adjacent hash marks.

• Note: With free movement, any defending player, other than the player who fouled, is entitled to an adjacent hash mark.
Major Fouls

Free Position at 12M Fan:

• For major foul by a defense player between the arc and the fan, the free position will be taken on the 12-meter fan closest to the spot of the foul.

✓ All players’ bodies and crosses must clear the penalty lane.
Editorial Changes

Editorial Changes to 2020 High School Rules:

• Editorial changes made to modify terminology but do not change rules.
• Two most noticeable editorial changes:
  ✓ “Restraining Line” foul terminology changed to “Offside” foul.
  ✓ “Obstruction of the Free Space to Goal” foul terminology changed to “Shooting Space” foul.
2020 Youth Rule Changes
Timeouts

Team Time-Outs:

- 8U: 1 two-minute time-out per game.
- 10U: 1 two-minute time-out per game.
- 12U: 2 two-minute time-outs per game.
- 14U: 2 two-minute time-outs per game.
Editorial Changes

Editorial Changes to 2020 Youth Rules:

Definition added for Illegal Cradle:

– When the ball carrier holds the head of her crosse with or without cradling within a 7-inch sphere.

– This adds a definition to Appendix A but does not change the rule for illegal cradle.
Editorial Changes

Editorial Changes to 2020 Youth Rules:

Definition added for Modified Pocket:

– When no more than half of the ball falls below the bottom of the sidewall.

This adds a definition to Appendix A but does not change the rule for modified pocket.
QUESTIONS
THANK YOU!