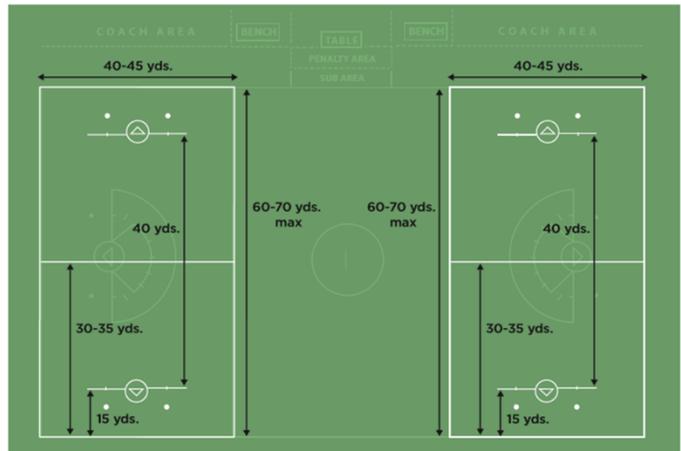
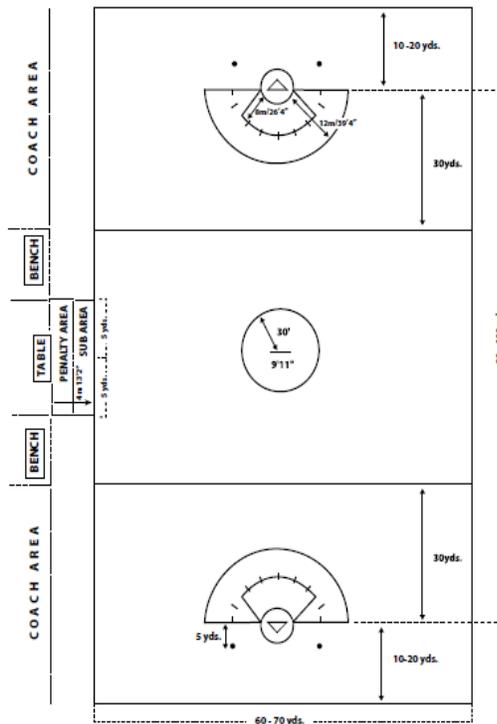


10 - RULE 1 - THE PLAYING AREA and GOALS



**Make sure there is a table, chairs, visible score, and time keeper present**

7/8 Select if ALL coaches are not at least **Level 1** USL certified the game will be played modified checking.  
7/8 and 5/6 modified checking games if the head coach is not at least **Level 1** USL certified the game will be played NO Checking.

Coaches need proof of certification with them AT ALL times.

Two coaches on sideline: One coach must have JGLA ID card

Three coaches on sideline: Two coaches must have JGLA ID card

If the JGLA card count is not present, have a coach go to other side and NOT coach or play down a level

The home team will designate a timer.

7/8: 25 minutes running (if coaches choose they stop under 2)

5/6: 20 minute halves (stop under 2) or 25 minutes running

3/4 or 1/2: 18 or 20 minute halves (maximum) **8 v 8 with a goalie...ALWAYS only 7 field players**



**GOAL DIFFERENTIAL:** ALL TRAVEL (modified checking games), when a team is up by 4 or more goals, they have the option at any time to take a free position.

Any issues need to reported to Joel Stein [assignors4jgla@gmail.com](mailto:assignors4jgla@gmail.com) 973-652-6170 or Tamara Floruss 570-660-5229 or [florusstamara@yahoo.com](mailto:florusstamara@yahoo.com) within 48 hours of the game.

### All youth

Will play regular US Lacrosse Women's Rules with the following modifications:

- No Deputy
- No follow through into goal circle on a shot
- Regulation field stick (35.5" minimum and 43.25 " maximum) and pocket EXCEPT for 3/4 and 1/2
- **NO Overtime** in the JGLA

### Grade 7/8 SELECT specifics

**FULL CHECK LISTED IN ARBITER SELECT ONLY:** Any check to the head is a mandatory red card. Player sits and team plays short for 4 minutes of elapsed playing time

### Grade 5/6 and TRAVEL 7/8 specifics

**Modified checking or no checking.** *A check to the head may be a yellow or red card.* Player sits and team plays short for 2 minutes (yellow), 4 minutes (red) of elapsed playing time

**Must count 3 seconds good defense.**

### 3/4 SPECIFICS

7 v 7 field players goalie does not count (with goalies it makes it 8v8).

2 players must stay behind the midfield (restraining line)

5 field players are allowed below the restraining line. If both teams have goalies play with

Goalies (8v8), if one team does not have a goalie then no goalies (7v7).

Regular women's crosse, modified pocket allowed, may be cut to fit comfortably along arm.

**No checking.**

**Must count 3 seconds good defense.**

Game starts with a draw and half starts with draw.

After a goal the ball will go to the center to the team that was scored upon. The setup will be the same as the four goal differential.

Carded player leaves field for 2 minutes Yellow or 4 minutes Red. **A substitute must take her place.**

Contested ground balls by more than 2 players becomes an alternate possession.

Players are not permitted to cover under any circumstances.

1 v 1 defense enforced midfield, but not within the critical scoring area.

Substitution may occur at any time.

### SIDELINE MANAGERS

**Sideline manager must be at coin toss**

**One for each team**

They will be given the lanyards and cards and will be responsible for helping to keep the sportsmanship on the sideline of the parents.

### ETHICS COMMITTEE – POE for USL

There will be investigations into any ethics/sportsmanship issues (this is not new)

The committee will make recommendations of sanctions that will be imposed on a team