



10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD 2021

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| PLAYERS | 8v8 / Field + GK | RESTRAINING LINE | 2 field players behind |
| FIELD SIZE | Cross Field | CARDS | Cards, but team does not play short |
| FIELD LINES | Goal Circle, 8M 6 midfield line | GROUND BALLS | No more than 2 players / Kicking ball allowed |
| GOALS | 4'x4' or 6'x6' | COVERING BALLS | No covering ball at any time |
| BALLS | Regulation | MINIMUM PASS RULE | No minimum passing rule |
| STICKS | Modified pocket allowed | 1 V 1 DEFENSE | 1v1 defense in midfield |
| LENGTH OF GAME | 2 x 18 running Or 20 min running | CHECKING | No checking |
| TIMEOUTS | 1 team timeouts | 3 SEC, CLOSELY GUARDED | Applies |
| OVERTIME | No Overtime | 3 SEC, 8 METER ARC | Applies |
| START OF GAME AND HALF | Draw each half 3 players from team at both 8 meters | MAJOR FOULS | Major fouls per 2020 NFHS Rules Book, 8 meter FP |
| START AFTER GOAL | To center, team who was scored upon gets ball, defender in front 4 meter away on a 45, INDIRECT | No self start, but free movement | |



12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD 2021

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| PLAYERS | 8v8 or 12v12 | RESTRAINING LINE | 8v8: 2 players 12v12: 4 players |
| FIELD SIZE | 8v8 - Cross-field 12v12 - Full-field | CARDS | Team plays short |
| FIELD LINES | 8v8 - U10 lines or 12v12 - HS lines | GROUND BALLS | No restrictions/ kicking allowed |
| GOALS | 6' x 6' | COVERING BALLS | No covering ball with oppo- nent in playing distance |
| BALLS | Regulation | MINIMUM PASS RULE | No minimum passing rule |
| STICKS | Regulation Stick | 1 V 1 DEFENSE | Not Applicable |
| LENGTH OF GAME | 2x 20 stop clock Or 2X25 running | CHECKING | Modified checking |
| TIMEOUTS | 2 team timeouts | 3 SEC, CLOSELY GUARDED | Applies |
| OVERTIME | 2 x 3 periods, sudden victory | 3 SEC, 8 METER ARC | Applies |
| START OF GAME AND HALF | 8v8 - Same as 10U 12v12 -HS Draw | MAJOR FOULS | Major fouls per 2020 NFHS Rules Book, 8 meter FP |
| START AFTER GOAL | Masked Draw, If masks are not worn by both these players, Play will begin with free position INDIRECT. 4 goal differential is allowed | SELF START Free movement | |



14U GIRLS' YOUTH GAME

QUICK REFERENCE CARD 2021

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|------------------------|--|------------------------|--|
| PLAYERS | 12v12 | RESTRAINING LINE | 4 field players behind |
| FIELD SIZE | Full field | CARDS | Team plays short |
| FIELD LINES | HS lines | GROUND BALLS | No restrictions/ kicking allowed |
| GOALS | 6' x 6' | COVERING BALLS | No covering ball with opponent in playing distance |
| BALLS | Regulation | MINIMUM PASS RULE | No minimum passing rule |
| STICKS | Regulation Stick | 1 V 1 DEFENSE | Not Applicable |
| LENGTH OF GAME | 25 minute stop clock under 2 minutes or running | CHECKING | ***** |
| TIMEOUTS | 2 team timeouts | 3 SEC, CLOSELY GUARDED | Not applicable |
| OVERTIME | 2 x 3 periods, sudden victory | 3 SEC, 8 METER ARC | Applies |
| START OF GAME AND HALF | HS Draw | MAJOR FOULS | Major fouls per 2020 NFHS Rules Book, 8 meter FP |
| START AFTER GOAL | Masked Draw, If masks are not worn by both these players, Play will begin with free position INDIRECT. | | SELF START Free movement |

Transitional check listed in arbiter

OR it is 7/8 Select

Transitional checking; check is outside the 12 inch sphere and NOT across two shoulders

YOUTH information card 2021

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

All 5/6/7/8 levels

If 1 coaches are not at least Level 1 USL certificated the game will be played down 1 level (full check becomes modified and modified check becomes no check). can be listed on card or a separate US Lacrosse card

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

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
- **SELF START: NOT in 3/4**
- Clear Penalty zone

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.

At the draw, players taking the draw must be masked. If masks are not worn by both these players, draws during the game will not occur. If there is no draw the Home team gets possession at the start of the first half and the Away team at the start of the second half. All other restarts after a goal will be given to the team who was scored upon. Play will begin with the defender 4 M away at a 45 degree angle and it will be INDIRECT.