



14U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2022)

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	2 x 25 running, stop clock last 2 minutes For fouls in CSA	CHECKING	SEE BELOW
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Not applicable
OVERTIME	NO overtime	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	HS Draw	MAJOR FOULS	Major fouls per 2022 NFHS Rules Book, 8 meter FP
START AFTER GOAL	Draw, mercy rule optional No mercy for select	SELF START	Applies

Checking....

Make sure to check Arbiter.

If it states modified, it is not to played with transitional checking.

If it is transitional or select 7/8 Transitional checking is a 12 inch sphere and NOT across 2 shoulders.

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

Coaching cards:

7/8 Select if ALL coaches are not at least **Level 1** certificated

the game will be played modified checking.

7/8 Transitional checking if **ALL coaches** are NOT **Level 1** certificated

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** certificated

the game will be played NO Checking. A

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

SIDELINE MANAGER:

Should be present for coin toss

They must have lanyard on and be present through the game

ANY ISSUES: Go to the assignors at jglalacrosse@gmail.com (Tamara 570-6605229 or Joel 973-652-6170), and

Michelle McGinniss at michmcginniss@gmail.com and PJ Yay at pj.yap12@gmail.com



10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2022)

PLAYERS	8v8 / Field + GK	RESTRAINING LINE	2 Players Behind
FIELD SIZE	Cross Field	CARDS	Cards, but team does not play short
FIELD LINES	Goal Circle, 8M & midfield line	GROUND BALLS	No restrictions/ kicking 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 minutes	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 2022 NFHS Rules Book, 8 meter FP
START AFTER GOAL	To Center, Team who was scored	SELF START	NO self start but free movement

upon gets ball,
defender 4 meter away
on a 45, INDIRECT



12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2022)

PLAYERS	8v8 or 12v12	RESTRAINING LINE	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 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	2 x 20 running stop clock OR 2 X 25 running	CHECKING	Modified checking
TIMEOUTS	2 team timeouts	3 SEC, CLOSELY GUARDED	Applies
OVERTIME	No overtime	3 SEC, 8 METER ARC	Applies
START OF GAME AND HALF	8v8 - Same as 10U 12v12 -HS Draw	MAJOR FOULS	Major fouls per 2022 NFHS Rules Book, 8 meter FP
START AFTER GOAL	Draw, mercy rule optional	SELF START	Applies