



14U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2023)

FIELD LINES	NFHS field lines	START AFTER GOAL	NFHS draw procedures / Mercy rule optional, team that is 4 goals or more behind may elect to take indirect free position at center No Mercy Select
FIELD SIZE	Full field	SELF-START	NFHS self-start procedures
GOALS	6x6'	OFFSIDES	NFHS offside procedures
BALLS	NOCSAE lacrosse balls	SUBSTITUTIONS	NFHS substitution procedures
STICKS	Regulation stick	COVERING BALL	No covering ball when opponent within playing distance
PLAYERS	12v12, 11 field players + goalkeeper	MINIMUM PASS RULE	Not applicable
COACHES	Remain in Coaching Area	1 V 1 DEFENSE	Not applicable
OFFICIALS	Officials required / 2 recommended	3-SECONDS CLOSELY GUARDED	Not applicable
TIMEKEEPERS	Timekeeper at table	3-SECONDS IN 8M ARC	3-Seconds rule in 8M arc applies
SCOREKEEPERS	Scorekeeper at table	GOAL CIRCLE VIOLATIONS	No player other than goalkeeper may enter goal circle / Players may not follow through on shot
LENGTH OF GAME	Two 25-minute halves / Running clock / 5-minute halftime / Teams may choose stop clock during last 2 minutes of each half.	SPHERE	12-inch
TEAM TIMEOUTS	2 team timeouts per game	CHECKING	Transitional Checking
OVERTIME	NO OVERTIME	CARDS	Teams play short
START OF GAME AND HALF	NFHS start procedures		

Checking...
 Make sure to check Arbiter.
 If it states modified, it is not to be 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

Issues:

Contact : assignors: jglalacrosse@gmail.com (Tamara 570-660-5229 or Joel 973-652-6170) Rules interpreter: PJ Yap:

umpire@jeresygirlslacrosse.com Youth Coordinator: Neil Sullivan:
neilsullivanlax@gmail.com



10U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2023)

FIELD LINES	8.5' goal circle + 8M arc / No restraining line	START AFTER GOAL	Ball to center, Indirect position, opponent 4 m away on 45 degree
FIELD SIZE	Cross-field: 60-70yds x 35-45yds	SELF-START	No Self start
GOALS	4'x6' or 6'x6'	OFFSIDES	2 stay behind restraining line 5 field players below
BALLS	NOCSE lacrosse balls	SUBSTITUTIONS	Substitutions allowed during play / Recommended during stoppage of play, or after whistle or goal
STICKS	Regulation stick / Modified pocket allowed	COVERING BALL	No covering ball at any time
PLAYERS	6v6 with 7 field players + goalkeeper / Teams play 7v7 with no goalkeepers if one team does not have goalkeeper	MINIMUM PASS RULE	No minimum passing rule / Coaches may agree to maximum time player may possess ball Officials will not count
COACHES	Remain in Coaching Area	1 V 1 DEFENSE	Must play 1v1 defense in midfield / Multiple defenders on the ball allowed in area comparable to a CSA
OFFICIALS	1 Official required / 2 recommended	3-SECONDS CLOSELY GUARDED	3-Seconds closely guarded rule applies
TIMEKEEPERS	Officials keep time or designate timekeeper	3-SECONDS IN 8M ARC	3-Seconds rule in 8M arc applies
SCOREKEEPERS	Scorekeeping a Local level decision	GOAL CIRCLE VIOLATIONS	No player other than goalkeeper may enter goal circle
LENGTH OF GAME	Two 18-minute halves / Running clock / 5-minute halftime or 2 20 min halves	SPHERE	12-inch
TEAM TIMEOUTS	1 team timeout per game	CHECKING	No checking allowed
OVERTIME	No overtime	CARDS	Team substitutes for carded player and does not play short
START OF GAME AND HALF	1 player from each team at center for draw / 3 players from each team at 8M arc at each end of field until possession attained		



12U GIRLS' YOUTH GAME

QUICK REFERENCE CARD (2023)

FIELD LINES	8v8: 8.5' goal circle + 8M arc / No restraining line; 12v12: NFHS field lines	START AFTER GOAL	NFHS draw procedures / Mercy rule optional, team that is 4 goals or more behind may elect to take indirect free position at center No mercy for select
FIELD SIZE	8v8: Cross-field 60-70yds x 35-45yds or 12v12: Full field	SELF-START	NFHS self-start procedures
GOALS	6'x6'	OFFSIDES	8v8: Not applicable; 12v12: NFHS offside procedures
BALLS	NOCSE lacrosse balls	SUBSTITUTIONS	NFHS substitution procedures
STICKS	Regulation stick	COVERING BALL	No covering ball when opponent within playing distance
PLAYERS	8v8: 7 field players + goalkeeper or 12v12 - 11 field players + goalkeeper	MINIMUM PASS RULE	Not applicable
COACHES	Remain in Coaching Area	1 V 1 DEFENSE	Not applicable
OFFICIALS	Officials required / 2 recommended	3-SECONDS CLOSELY GUARDED	3-Seconds closely guarded rule applies
TIMEKEEPERS	Timekeeper at table	3-SECONDS IN 8M ARC	3-Seconds rule in 8M arc applies
SCOREKEEPERS	Scorekeeper at table	GOAL CIRCLE VIOLATIONS	No player other than goalkeeper may enter goal circle
LENGTH OF GAME	Two 20-minute halves / Running clock / 5-minute halftime	SPHERE	12-inch
TEAM TIMEOUTS	2 team timeouts per game	CHECKING	Modified Checking
OVERTIME	No Overtime	CARDS	Team plays short
START OF GAME AND HALF	8v8: 1 player from each team at center for draw / 3 players from each team at 8M arc at each end of field until possession attained; 12v12: NFHS start procedures		