

# PAL 2025

## GIRLS YOUTH RULES

### GRADES 1 and 2

#### **GAME MODIFICATIONS:**

Youth lacrosse rules are designed to emphasize player safety, enjoyment and retention through the development of individual stick skills, game situation play, and sportsmanship.

Youth rules highlighted below are modifications of US Lacrosse rules and aimed at supporting the physical, cognitive and skill progression of each age group.

**COACH:** no more than two coaches are allowed on field to instruct players in a positive manner.

**CHECKING:** absolutely no checking allowed

#### **FIELD:**

1. Plays on a modified field (approximately 70 x 45 yards) with a reduced number of players (7v7).
2. Some towns may have larger rosters and if both towns agree they can add additional players to the field of play
3. Goalies are Optional
4. Switching Sides at Halftime is Optional
5. If you are using a modified field without proper markings the home team should provide portable goal creases
6. Smaller Goal Cages may be used. Home teams are asked to supply shooting nets for both goals, even if the home team has a goalkeeper.

**GAME TIMES:** Maximum 10 minute quarters with 3 minutes between quarters and 6 minutes at Halftime. No overtime.

**PLAYERS:** Kindergarteners can play on First Grade Team and First Graders can play on Second Grade Team

**The Officials will not be put in the position of arbitrating a dispute about the number of players on the field as the rule is clear.**

**STICKS:** regulation field stick with or without modified pocket. 35" - 42" only. Sticks may be cut to match length of a player's arm. Goalkeepers are allowed mesh pockets and sticks up to 52 inches long.

**MODIFIED POCKET:** no more than half of the ball may fall below the bottom of the sidewall.

**OFFICIALS:** at least one certified official. Two certified officials are recommended on all games at all levels.

**2nd Grade Boys & Girls Officials Fees:** 2 Officials \$40.00 each • 1 Official \$80.00

#### **PENALTY ADMINISTRATION:**

1. cards must be issued at all levels of play.
2. At the U9 level, a substitute must take the place of the carded player while she serves her penalty time.
3. If two passes have been made and a major foul is called in the critical scoring area shooting from a free position will not be allowed if there is no goalkeeper or if there is an open net. Player should be placed on the hash mark on the goal line extended and referee will restart play
4. If only one pass has been made and a major foul is called in the critical scoring area, the offensive team still needs to make the second pass
5. No offside when playing 7 v 7
6. No follow through into the goal on shots
7. Offensive 3 seconds will be called if defense is playing in a checkable position

**DEPUTY:** A deputy is a field player who may enter the goal circle when the goalkeeper is not present. **SELF**

**START/FREE MOVEMENT:** The players will follow the new rule of Free Movement and the rule of Self Start.