

PAGLA RULES 2025

3rd and 4th Grade

US Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.

1. Teams must be divided into players of equal ability and a mix of 3rd and 4th grade.
2. Seven (7) field players, and use of a shooting net/goalkeeper
 - Encourage your coaches to tell their players to spread out
 - Play 1v1 defense; double/triple teaming a player is not encouraged!
3. Field size 60-70 yards x 30-40 yards
4. There are NO MORE THAN 3 coaches on the side with the team bench.
5. Keep parents at midfield, in-between games. **SPECTATORS ARE NOT ALLOWED ON SAME SIDE OF FIELD AS TEAMS! Or on END LINES (safety issue).**
 - Each team MUST be in charge of their own spectators. So, if a spectator becomes unruly, they will have to remind the spectator of the rules, and they will help remove this spectator from the field.
6. Goal circle and goal line, 8m arc, center line must be marked on the field. (The crease or goal circle MUST be marked with cones or paint).
7. Regular women's crosse, modified packet allowed. Shaft may be cut to fit comfortably along arm.
 - Regulation stick with or without modified pocket and may be cut to fit comfortably along the length of the player's arm.
 - Goalkeeper's stick may be between 35 ½" and 52" in length.
 - Field Players crosse can be between 35 ½" min. and 43 ¼" max.
The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
No more than 2 Shooting/Throwing strings
Mesh pockets are permitted
8. No checking – 3-Sec Good Defense
 - Closely guarded/marked
 - The defense has BOTH hands on her stick
 - The defense is in position to legally check if checking were allowed
 - Rule book also states that: If the player with the ball takes the stick to the other side of her body and thus away from the defender making a legal check impossible, the 3-second count would be over. **The official will give an audible and visible 3-second count.**
 - **THE COUNT:** One-one thousand; two one thousand; WHISTLE

9. **No contact between a stick and body while playing defense will be allowed. Stick to body contact will be called as illegal defense. Players are not allowed to hit, push, or displace an opponent with a stick. Players may not hold their stick in a horizontal position and make contact. (MAJOR FOUL) If an attack player makes contact with her body into the defenders stick which is in a horizontal position it is offsetting fouls and is an AP (Alternate Possession). Coaches are encouraged to teach players to use proper defense by holding the stick at 10 & 2 and shadowing the player without making contact.**
10. Offsides Rule
 - The 50-yard line is to be used as a restraining line to keep 2 players back!
11. 20-minute halves running time – Each team is allowed two-time outs (2 minutes in duration)
 - Stop clock on time outs!
 - **Please note that if playing a round robin format with a central clock there will be no time outs unless there is an injury.
 - If playing round robin format each game is 20 minutes total.
12. No overtime
13. No follow through into goal circle on a shot – NO field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
14. You must have 2 attempted passes the length of the field before shooting!
 - **EAST RULE:** If your team gains possession in defense, **one pass must be made once the ball crosses the 50-yard line.** This pass is after the free goalie clear. In other words, one player may not take the ball from one side of the field to the other and shoot. Encourage the girls to pass.
15. No rolling the ball under a shot blocker.
 - **EAST, CENTRAL WEST, SOUTH & TRI COUNTY RULE:** Shot blockers should be placed flush along the ground and have all the room to shoot above and to the sides.
16. Goalies are encouraged but not required:
 - If you chose not to have a goalie, your team must use a shot blocker/shooting net in place of a goalie.
 - Cages may NOT be turned to have a smaller shooting area. If you do not have a goalie or a shooting net, you must play with an open goal.
 - **CENTRAL WEST RULE:** HOME FIELD teams will provide the rage cage shot blockers if a team does not have a goalie.
 - **SOUTH RULE:** If teams do not have a goalie, no shot blocker/shooting net will be used team will play with an empty goal
 - **EAST & TRI COUNTY RULE:** if teams do not have a goalie, then a shot blocker must be used, and every team supplies their own shot blocker
17. Carded player leaves field and enters the penalty area for 2 (yellow) or 4 (red) minutes. A substitute must take her place.
 - An initiated check to the head is a YELLOW card
 - Stick to stick contact doesn't mean there is a foul.
18. Balls MUST BE NOCSEA standard ball
19. Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.

20. Eye wear and Mouth Guards – **ANY COLOR**

- Mouthguard should cover all the way back to and including the molars
- No tabs hanging off of the mouthguard or connecting to the eyewear.
- **Eyewear must be ASTM approved and SEI certified.**

21. Goalies – helmet (NOCSAE certified), chinstrap, separate throat protector, chest protector (NOCSAE certified), abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard – uniform needs to be on top of gear and shirt **MUST** be same color as team with a number on front and back and worn over the chest protector.

22. Sideline manager (both teams) duty is to control spectators

23. Home team – designated timer; Scoreboard for Mercy Rule

24. SUBS: Unlimited number of players at any time during the play, after every goal and at the halftime. Subs must come through the sub area; Subs cannot enter the field until the sub has come off the field and exited between the cones/markers before a substitute may go on to the field.

25. 8m free positions, a player may shoot provided there is a goalkeeper/shooting net. If it is an open net it will turn into an indirect position. Must pass!

26. Mercy Rule: **EXCEPTION EAST**

- Mercy Rule when there is a 4-goal differential. The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
- Whistle start by official from center draw line. Player must pass first before can go to goal. All must be 4 meters away.
- Running Clock, the entire game regardless of score.
- **EAST RULE: NO MERCY RULE as per USAL recommendations no score is kept**

27. Start of Game:

- The game will start by a draw except when a free position has been awarded.
- Players should line up in a format that consists of 2 attack, 3 midfielders (1 being a center), and 2 defense.

28. No Deputy: No player may go into the goal circle unless they are the goalie, the official will clarify who can go in and get the ball inside circle

- **ALL REGIONS:** Player that gets the ball from the goal circle will be set up 8 yards to right or left of goal along goal line extended for the clear this is a WHISTLE START
- **ALL REGIONS:** The new offensive team gets a free clear, defense needs to move back behind the cones that are placed 15 yards up. Once there is one pass and the offensive team has ability to get the ball the defensive team can come play defense.

29. Kicking the Ball

- Players may kick the ball as a part of field play on any non-shooting effort
- Players cannot kick the ball into the goal and score
- Players can kick the ball to:
 1. move the ball away from opponents.
 2. position the ball for easier recovery into their stick
 3. position the ball for easier recovery by a teammate

- **Penalty Zone will be enforced (Please see last pages for rule details and FAQ)**
- **Free Movement - Please see last pages for rule details**
- **East, South, Tri County and West will not be playing with SELF-START rule**
 - **PLAYERS MUST STOP AND STAND ON THE WHISTLE!**

NEW RULE 2025: Minor foul on Defense in CSA goes to closest spot on 12 meter and clear the lane.

Additional:

- A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- If a player is being legally guarded and has no opportunity to shoot and shoots this could be a DANGEROUS PROPEL, if there are girls in front of her or her follow through hits her defender, both are yellow cards
- Keep the defense marking up in the 8m, must be a sticks length away from a player. (Prevents shooting space calls).
- 3 seconds violation outside the CSA above goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- Alternate Possession-
 - The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
 - Alternate possession will take place when offsetting minor/major fouls occur.
 - After initial possession is awarded, the possession will then alternate.
 - The record of the possession shall be kept at the score table.
 - The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player awarded possession of the ball.
 - No alternate possession cannot be taken within 4m of the boundaries.
 - If the alternate possession would be awarded inside of the critical scoring area, it shall be awarded at the closest dot.
 - If alternating possession includes a card. Carded foul is only foul and assessed. Alternating possession will not be used.

If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$200, and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season, they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.

PAGLA Rules will be posted on the PAGLA Website.

www.PAGLA.org

PAGLA RULES 2025

5th and 6th Grade

US Lacrosse continues to encourage all coaches, players, officials, and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient, and productive dialogue between coaches, players, and officials.

1. All PAGLA games must be played using a NOCSAE certified ball.
2. 5/6 may have a 5/6A and a 5/6B team based on player's ability and commitment level. If there are two B teams, they must be divided equally by ability and grade.
EAST REGION will be having 3 divisions, Elite, Premier, and Select
3. Players must be given equal playing time given all things equal, i.e., if two players have attended equal practice time, etc.
4. Regulation field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
 - NO GOALIE = NO shooting net/blocker = Empty Net; NO turning cage over!
6. Games consist of 2-25-minute running clock halves, no stopping the last 2 minutes.
 - Each team is allowed two-time outs (2 minutes in duration) anytime in the game. CLOCK STOPS!
 - Any possession time-out called in the CSA starts at the dot unless there was a foul called where an 8m or 12m set up will be taken. If this is the case, then play starts at 8m or 12m where foul set up was.
 - NO OVERTIME
7. SPECTATORS are NOT allowed on the same side of the field as the teams. Or on the END LINE. (Safety issue)
 - Each team must be in charge of their own spectators. Sideline manager is required, so if a spectator becomes unruly, they will have to remind the spectator of the rules and they will help remove this spectator from the field.
8. Regulation stick and pocket
 - Regulation stick may be cut to fit comfortably along the length of the player's arm.
 - Goalkeeper's stick may be between 35 ½" and 52" in length.
 - Field Players crosse can be between 35 ½" min. and 43 ¼" max
The pocket shall be strung with 4 or 5 longitudinal leather and/or synthetic thongs
No more than 2 Shooting/Throwing strings
Mesh pockets are permitted
 - Pocket is legal when: The top of the ball remains above the top of the sidewall after a ball is dropped into the pocket of a horizontally held crosse. The ball moves freely within all parts of the head of the stick, both laterally and along its full length.

9. Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.
10. Modified Checking and 3-sec Good Defense
 - a. Player may not hold the ball for more than 3 seconds when:
 - i. Close guarded/marked
 - ii. The defense has both hands on the stick
 - iii. The defense is in position to check were checking allowed.
 - b. **THE COUNT:** One-one thousand; two one thousand; WHISTLE
 - c. Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.
11. Coaches' area is from substitution area to end line on their own half of the field
12. There are NO MORE THAN 3 Coaches on the side with the team bench.
 - Home teams must provide a reliable clock manager to keep time. Home team must provide a scoreboard. (The clock and score people MAY NOT coach)Scoreboard must be visible, although the scores are not reported. **EXCEPTION EAST: scores are reported via Google Form**
13. MERCY RULE (5/6 Grades A & B) **EXCEPTION CENTRAL WEST 5/6A**
 - 4 goal advantage – The losing team has the option of taking possession without a draw after a goal. There is a whistle start by official from center draw line. Player at center must pass ball before going to goal. Conversely, the losing team has the option to continue to draw if so desired.
 - If a team is 5 goals ahead of the opposing team the leading team is encouraged to use their non-dominant hand, play other positions, etc.
 - **Central West 5/6A plays a 10 goal Mercy Rule. The losing team has the option of taking possession without a draw after a goal. Must pass the ball before going to goal. Conversely, the losing team has the option to continue to draw if so desired.**
14. Goalies – helmet (NOCSAE certified), chinstrap, separate throat protector, chest protector (NOCSAE certified), abdominal and pelvic protection, goalie gloves, leg pads (thigh, shin) and Mouth guard – uniform needs to be on top of gear and shirt MUST be same color as team with a number on front and back, and jersey worn over the chest protector.
 - a. Eye Wear and Mouth Guards – ANY COLOR
 - b. ON MOUTHGUARD=Mouthguard should cover all the way back to and including the molars
 - c. No tabs hanging off of the mouthguard or connected to eyewear
15. 8m free positions, a player may shoot or pass
16. Draw – 3 players (from each team) max around circle (players can't cross restraining line prior to possession).
17. No Deputy – Ref will direct who can go in and get when the ball is dead inside the goal circle.
18. No following through into the goal circle on a shot – No field player may enter or have any part of her body or stick on or in the goal circle at ANYTIME!
5/6TH ALL REGIONS PLAYING NO FOLLOW THROUGH ON A SHOT INTO GOAL CIRCLE
19. Substitutions must enter the field and exit the field 5 yards either side of the centerline. The sub going onto the field must wait to go on until the person leaves the field. Home team MUST provide cones to mark the 10-yard 'box'.

No contact between a stick and body while playing defense will be allowed. Stick to body contact will be called as illegal defense. Players are not allowed to hit, push, or displace an opponent with a stick. Players may not hold their stick in a horizontal position and make contact. (MAJOR FOUL) If an attack player makes contact with her body into the defenders stick which is in a horizontal position it is offsetting fouls and is an AP (Alternate Possession). Coaches are encouraged to teach players to use proper defense by holding the stick at 10 & 2 and shadowing the player without making contact.

20. OFFSIDES: a team must NOT have more than 7 players below the restraining line in their offensive end and must not have more than 8 players (including the goalie) below the restraining line in their defensive end.

21. Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.

a. Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash

22. Alternate Possession-

a. The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.

b. Alternate possession will take place when offsetting minor/major fouls occur.

c. After initial possession is awarded, the possession will then alternate.

d. The record of the possession shall be kept at the score table. **EXCEPTION EAST: Officials keep track too.**

e. The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.

f. No alternate possession can be taken within 4m of the boundaries.

g. If alternating possession includes a card. Card foul is only foul and assessed. Alternating possession will be eliminated.

h. If the alternate possession would be awarded inside of the critical scoring area, it shall be awarded at the closest dot.

23. Possession Rule (on the Draw)

- Execution for officials:

Once official has hands on sticks for draw the gate is closed. No one may enter on the field from sub box or cross from below the restraining line.

Referee taking draw drops arm & blows whistle to start play as always done.

Official waits until 1 player between restraining line gets clear possession of ball.

Official uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines

- Players behind the restraining lines must keep their feet behind the restraining line until "RELEASE" is called. Players can reach over the restraining line with their stick.

- Penalty administration for Early Entry on the Draw violations: (restraining line or center circle line): Free position at spot of the ball at time of the foul- place offender 4M away direction of goal she is defending --Self Start

- Penalty administration for illegal draw violation: Free position at spot of Ball all 4 meters away. Self Start

24. Kicking the Ball

- Players may kick the ball as a part of field play on any non-shooting effort
- Players cannot kick the ball into the goal and score
- Players can kick the ball to:

move the ball away from opponents.

position the ball for easier recovery into their stick or to a teammate's stick

may NOT kick towards the goal

- **Penalty Zone will be enforced (Please see last pages for rule details and FAQ)**
- **Free Movement - Please see last pages for rule details**
- **SELF-START - Please see last pages for rule addition from 2022**
- **Defense may self-start in CSA if Offense has fouled. No longer need a whistle start.**
- **Goal Circle Rule- goalkeeper may carry ball into the goal circle. Please see last pages for Goalies Rule Updates**
- **NEW RULE 2025: Minor foul by Defense in CSA goes to closest spot on 12 meter and clear the lane.**

Additional:

- A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- If a player is being legally guarded and has no opportunity to shoot and shoots this could be a DANGEROUS PROPEL, if there are girls in front of her or her follow through hits her defender, both are yellow cards
- Keep the defense marking up in the 8m, must be a stick's length away from a player. (Keeps down on shooting space calls)
- 3 seconds violation outside the CSA above goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- Critical Shooting Area (CSA)
 - a. 12-meter mark above the goal line and spreads 12 meters on either side of the goal and goes to the end line.

If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$200, and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season, they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.

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PAGLA RULES 2025

7th and 8th Grade

US Lacrosse continues to encourage all coaches, players, officials and administrators to conduct themselves in a professional manner before, during, and immediately following all contests. The rules committee reminds coaches and players to avoid the use of excessive dissent or abusive language and reminds coaches to stay in his or her coaching area. The committee encourages calm, patient and productive dialogue between coaches, players, and officials

- All PAGLA games must be played using a NOCSAE certified ball.
- 7/8 may have a 7/8A and a 7/8B team based on player's ability and commitment level. If there are two B teams, they must be divided equally by ability and grade.
EAST REGION will be having 3 divisions, Elite, Premier, and Select.
- Players must be given equal playing time given all things equal, i.e., if two players have attended equal practice time, etc.
- All players must wear a mouth guard must cover back to the molars. **ANY COLOR MOUTH GUARD**. Field players must wear goggles (ASTM certified).
- Full field play with 12 players per team on the field. Must play with a goalie.
- Eye black worn on the face must be one solid stroke with no logos/numbers/ letters and shall not extend further than the width of the eye socket or below the cheekbone.
- Goalies at all levels must wear NOCSAE certified helmet designed for lacrosse with facemask and secured with chinstrap, a separate throat protector, chest protector (NOCSAE certified), abdominal & pelvic protection, goalkeeper gloves, leg padding on shins and thighs, and a mouth guard (**ANY COLOR CAN BE WORN**). The goalie must be in the same color jersey and have a number on her jersey, front and back, and jersey worn over the chest protector.
- **7/8 A & B will utilize MODIFIED CHECKING**. Modified Checking is defined as checking the crosse only if the entire crosse is below the shoulder level. The check must be in a downward direction and away from the body.
 - **EAST REGION 7/8 all divisions will be playing TRANSITIONAL CHECKING for 2025 (ADULT OFFICIALS)**
 - **WEST REGION 7/8 A will be playing FULL CHECKING for 2025 (ADULT OFFICIALS)**
- All games are 2-25-minute halves running clock. Each team is allowed two-time outs (2 minutes in duration) clocks stop for timeouts/injury. No Overtime.
EAST REGION 7/8 all divisions will play stopped clock in the last 1 minutes of both the first and second half.
- There are NO MORE THAN 3 Coaches on the side with team bench
- Home teams must provide a reliable clock manager to keep time and score. EAST-Both teams keep score. (**The clock** and score people MAY NOT coach)
- Home team must provide a scoreboard and it must be visible
- **Spectators are not allowed on the same side of the field as teams or ENDLINE (Safely issue)**. Each team **MUST** be in charge of their own spectators. So, if a spectator becomes unruly, they will have to remind the spectator of the rules and they will help remove this spectator from the field
- Follow through with stick into the goal circle on a shot is allowed-No field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
- **ALL REGIONS: player allowed to follow through with stick into goal circle on a shot.**

- Substitutes must enter the field and exit the field 5 yards either side of the center line. The sub going into the field must wait to go on until the person leaves the field. Home team MUST provide cones to mark the 10 yard 'box'.
- Three second closely guarded/checked with good defensive positioning rule applies for modified checking only. This doesn't apply if Transitional or Full Checking is taking place.
- For a 3 seconds violation outside the CSA above goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- **No contact between a stick and body while playing defense will be allowed. Stick to body contact will be called as illegal defense. Players are not allowed to hit, push, or displace an opponent with a stick. Players may not hold their stick in a horizontal position and make contact. (MAJOR FOUL) If an attack player makes contact with her body into the defenders stick which is in a horizontal position it is offsetting fouls and is an AP (Alternate Possession). Coaches are encouraged to teach players to use proper defense by holding the stick at 10 & 2 and shadowing the player without making contact.**
- **No Mercy Rule AT CENTRAL WEST 7/8 A: EAST, SOUTH, TRI COUNTY & CENTRAL WEST B mercy rule modifications below**
 - There is a draw after every goal regardless of the goal differential
- The leading team should be encouraged to use their non-dominant hand, play other positions, add a pass rule, etc
 - **EAST REGION plays a 10 goal Mercy Rule since they play stopped clock in last 2 minutes of second half.**
 - **SOUTH REGION plays a 4 goal Mercy Rule so at 4 goal advantage – FREE position at center draw and must pass before going to goal.** The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
 - **TRI COUNTY REGION plays a 4 goal Mercy Rule– FREE position at center draw and must pass before going to goal.** The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
 - **CENTRAL WEST REGION "B" plays an 8 goal Mercy Rule– FREE position at center draw and must pass before going to goal.** The losing team has the option of taking possession without a draw after a goal. Conversely, the losing team has the option to continue to draw if so desired.
- **Cards:** Carded player must leave the field and enters the penalty area for 2 minutes (yellow) or 4 (red) minutes. A substitute may not take her place.
 - Mandatory yellow card: Dangerous Contact, Check to the Head, Dangerous Propelling, Dangerous Follow-Through, and Slash

- Also, a player can run into a defensive player's legal stick and their own stick hits them in their head (not a card-able foul). It needs to be an INITIATED check.
- If a player is being legally guarded and has no opportunity to shoot and shoots- this could be a *DANGEROUS PROPEL* if there are girls in front of her or her follow through hits her defender, both are yellow cards.
- Keep the defense marking up within a stick's length within the 8m, this will help cut down on the shooting space and 3-sec on defense.
- **OFFSIDES:** a team must NOT have more than 7 players below the restraining line in their offensive end and must not have more than 8 players (including goalie) below the restraining line in their defensive end.

Alternate Possession:

- The winner of the coin toss at the beginning of the game shall have choice of ends or having initial alternate possession that occurs in the game.
- Alternate possession will take place when offsetting minor/major fouls occur.
- After initial possession is awarded, the possession will then alternate.
- The record of the possession shall be kept at the score table.
- The alternate possession shall be taken by the two opponents closest to the foul/incident. Opponents shall be 4m away from the player award possession of the ball.
- IF alternating possession includes a card. Alternating possession will be eliminated. Card foul is only foul and assessed.

Possession Rule (on the Draw)

- Execution for officials:
 - Once the official has hands on stick for DRAW. Gate is closed. No one may enter from sub box or cross from below the restraining line.
 - Referee taking draw drops arm & blows whistle to start play as always done
 - Official waits until 1 player between restraining line gets clear possession of ball
 - Official uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines
 - Players behind the restraining lines must keep their feet behind the restraining line until "RELEASE" is called. Players can reach over the restraining line with their stick
 - Penalty administration for Early Entry on the Draw violations: (Restraining line or center circle line)
 - Free position at spot of the ball at time of the foul- place offender 4M away direction of goal she is defending --Self Start
 - Penalty administration for illegal draw violation:
 - Free position at spot of Ball all others 4 meters away. Self Start
- **Kicking the Ball**
 - Players may kick the ball as a part of field play on any non-shooting effort
 - Players cannot kick the ball into the goal and score
 - Players can kick the ball to:
 - move the ball away from opponents.
 - position the ball for easier recovery into the player's stick
 - position the ball for easier recovery by a teammate

- **NEW RULE 2025: Minor foul by Defense in CSA goes to closest spot on 12 meter and clear the lane. No more INDIRECT calls in CSA anymore.**
- Penalty Zone will be enforced (Please see last pages for rule details and FAQ)
- Free Movement - Please see last pages for rule details
- SELF-START -Please see last pages for rule addition from 2022
- Defense may self-start in CSA if Offense has fouled. No longer need a whistle start.
- Goal Circle Rule- goalkeeper or deputy may carry ball into the goal circle, if received or picked up ball outside the goal circle. Please see last pages for Goalies Rule Updates.

If a coach or parent receives a yellow card for behavior- the club is fined \$100. If a coach or parent receives a red card for behavior- the club is fined \$200, and the coach/parent is not allowed at the venue or on the field for the next game. If a coach receives two red cards in one season, they are not allowed to coach in PAGLA. All yellow/red cards must be reported to the club director and referee assignor.

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GOALIES RULE UPDATES

Rule Update in 2023: The Goalie or Deputy may roll, toss, or CARRY the ball back into the goal circle if ball was outside of the circle when it was picked up. If, at any time, THE BALL was inside the circle and the goalie exits the circle in possession of the ball, she may only return if she has been played. Non-contact "defending" actions do not constitute "played". (SEE DEFINITION OF PLAYED)

PLAYED refers to an action whereby the ball leaves the player's crosse and is touched by another player, or crosse is checked crosse to crosse by an opposing player, or play is stopped due to a foul by an opponent. The ball does not have to be successfully dislodged from the crosse.

Examples

1. Goalie has feet in circle and reaches out to pick up a ball on the ground outside the circle. She may walk out and return to her circle without being played.

2. Goalie has feet in circle and reaches out to pick up a ball on the ground outside the circle. She carries the ball into the circle, then walks out. She MAY NOT return to her circle without being played.

Rule Update: The goalkeeper, while within the goal circle: d. may reach out her crosse and bring the ball back into the goal circle provided one foot is inside the goal circle. Note: "Inside" includes foot touching the goal line. **Rule**

Reference: 7.2.1. Situation A



Goalie has both feet in the circle



Goalie has one foot in the circle and one foot outside the circle



Goalie has one foot in the circle and one foot (anywhere) on the GC line



Goalie has both feet (anywhere) on the GC line



Goalie has one foot on the GC line and one foot completely outside the circle



Goalie has BOTH feet outside the plane of the circle (on the ground or in the air)

Shooting Space: When is the goalie "out"? Goalie positioning for shooting space calls has not been updated. Goalie must be "out" of the goal circle to obstruct the free space to goal.

Major Fouls – When the goalie commits the foul

If goalie commits a major foul, IN or OUT of the goal circle, she will go 4m behind player fouled (open net). EXCEPTION: if the goalkeeper commits a false start while within the GC, they will be allowed to remain in the GC. Attack would be awarded an 8m free position. No one goes behind.

Minor Fouls – When the goalie commits the foul Shooting Space: When is the goalie "out"? If goalie commits a goal circle or minor foul, IN or PARTIALLY IN the goal circle, she may remain in the goal circle during penalty administration (no one goes behind)

Goalie rules that apply to all grades:

Goalies at all levels must wear:

- NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
- Separate throat protector
- NOCSAE ND200 (stamped) chest protector (was new in 2021)
- abdominal & pelvic protection
- goalkeeper gloves
- leg pads must protect shins and thighs
- mouth guard May be any color.

Goalie must have a team jersey on **OVER** her equipment. It must have a number on the **front and back** of the jersey.

Goalies may not: shoot, draw, score, or be between restraining lines during the draw.

Please remember that the **goalies must wear leg protection on their shins** and that this protection must be larger than 6 inches and must be lacrosse pads. If they are in the game with improper equipment, it is a foul for illegal equipment and a change of possession, goalie must leave the field to get proper equipment on, ball goes to the 8m hash on the goal line extended and goalie stays in the crease.

2022 Rule Explanations

Free Movement

Only player who committed foul and player who got fouled stop and set-up according to major and minor foul.

Anywhere on field except 12m: player who fouled must start moving 4m away and girl who was fouled can self-start

Self-start- applies everywhere except inside 12m critical scoring area

Inside 12m: critical scoring area: player who fouled must stop and be set up by ref 4m away and girl who was fouled must stop and get set up on 12m by ref, but everyone else can move freely

Inside 8m: player who fouled must stop and be set up 4m behind by referee and girl who was fouled must stop and get set up on 8m hash mark by ref. The defensive players are entitled to the hashmarks adjacent to the 8m free position. Everyone else can move freely outside of the Penalty Zone.

Ball out of bounds after shot

When a shot or deflected shot on goal goes out of bounds. The team of the player whose body or stick is inbounds and nearest to the ball when it crosses the boundary is awarded possession of the ball.

2025 POINTS OF EMPHASIS

Sportsmanship:

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity, and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year **and every year.**

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest, and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators, and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches, and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials - or at others in the stands - those individuals should be removed from the contest by school administration. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped.

The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person - both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

Knowledge of the Rules

Officials, coaches, and players must know and understand the rules of the game. Parents and spectators also benefit by knowing the rules. The NFHS Girls Lacrosse Rules Book defines the rules and requirements for girls' lacrosse while promoting fair play and striving to minimize risk of injury for student-athletes. Knowledge of the rules by officials helps ensure proper rule enforcement and fair play, minimizes conflicts, and reduces risk of injuries.

Knowing the rules allows coaches to teach their players how to properly play lacrosse and model good behavior. Knowing the rules as an athlete provides athletes with the ability to maximize performance on the field and compete in a safe manner. Knowing the rules as a parent or spectator allows parents and spectators to better understand the game, support the athletes, and encourage good sportsmanship. Learning the rules requires studying the rules book, discussing rule situations, reviewing rule changes, asking questions, and listening to others who are well informed about the rules. Knowledge of the rules is essential for the success of girl's lacrosse. It also allows officials, coaches, and players to be more successful; helps parents and spectators to enjoy the game; creates a positive atmosphere; and fosters safe play, sportsmanship, and respect.

Dangerous Use of the Stick

The 2020-21 National High School Sports-Related Injury Surveillance Study confirmed the need for all lacrosse participants to take action to reduce risk of injury to student-athletes. Dangerous use of the lacrosse stick, including but not limited to actions such as the Follow-through, slash, check to the head, and other risky activities warrants our utmost attention. Using the stick in this type of disruptive manner jeopardizes the safety of players on the field. Officials must immediately stop play and issue a card when this occurs. Coaches should consistently teach and reinforce safe play and legal stick use. Players can avoid this type of activity by always playing in a controlled manner, making safe checks, having their body and stick in a legal position when checking or defending an opponent and playing with discipline and in accordance with the rules. Understanding, teaching, and playing lacrosse with the stick in a safe and legal manner will decrease injuries, improve game management, maintain the pace of play and uphold the integrity of the game of girl's lacrosse.

Inclusion of the neck area in the penalty for check to the head

REPEATED FOULS

This point of emphasis is to focus game management on limiting repetitive fouls and manage illegal play. These fouls disrupt the flow of play and present a risk of injury and unsafe play. Any foul on the field is a warning to all participants. When a team or an individual player is recognized by the officials and continues to commit a foul or a series of fouls, a warning shall be given, and any consecutive foul may be carded. Officials must be aware of teams and players that continually foul in particular situations; for example, during transitions and stalls when players foul in order to breakdown or slow a team's movement. Consistent officiating of repetitive fouling will decrease the risk of injury, improve game management, maintain the pace of play, and uphold the integrity of the game.

Free Movement

Allowing players to freely move around the playing field after a whistle is one of 12 changes to high school girls' lacrosse rules and youth lacrosse approved for the 2020 season.

The change to free movement impacts several areas of the NFHS/USL Rules Book. Rules 5-1-2 and 5-1-3 have been adjusted to eliminate the requirement for players to stand in place after an official's whistle.

Free movement allows players to freely move around the playing field, instead of being required to hold their positions on stoppages including possession time-outs (Rule 4-3-3), injury time-outs (Rule 4-2-3), major and minor fouls (Rule 5-3-1), when the ball goes out of bounds (Rule 6-3-1) and free position or alternating-possession restarts (Rule 10-1-10).

STARTS AND RESTARTS

As the fourth year of allowing self-starts begins, the rules committee would like to clarify how they are administered. Officials need to be cognizant of not disadvantaging the ball carrier when unnecessarily resetting play, and players must show evidence of recognizing the call made by stopping within playing distance of the foul prior to the self-start. When a whistle is required to start play and a player self-starts on her own, a false start penalty will be administered for the U12 and U14 levels. Consistent and proper officiating will provide smooth transition for starting and restarting play.

DELAY OF GAME - SELF-START or any other action deemed by the official as a Delay of game offensively or defensively.

As the pace of play has increased, the rules committee has identified both offensive and defensive delays of game outside the critical scoring area and with boundary restarts as a point of emphasis. Teams and players that attempt a self-start beyond a playing distance, fail to move when directed, make no attempt to move, or encroach on the ball carrier prior to her commencing play shall be penalized. Officials are encouraged to manage the delays with warning, upgrade to a major foul and use the green, green-yellow and yellow cards.

SELF-START RULE ADDITION

Rule has been amended to allow self-starts on boundary restarts. When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence play with a self-start without coming to a full stop inbounds.

On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

On boundary restarts, player in possession of the ball may re-start play from out of bounds — play commences when ball carrier steps in-bounds — no pass to a teammate may be made from out of bounds. If defense is fouled by offense in their defensive end. They may self-start even if in CSA.

SELF START

The adoption of the new self-start rule in girls' lacrosse decreases the amount of involvement by officials in restarting play, thus increasing the pace of the game.

“For a whistle blown for a foul outside the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue the course of play without waiting for an additional whistle.” The offending player must immediately move 4 meters behind or to the side of the player taking the free position, as indicated by the

official. Any other player(s) within 4m must move to a position indicated by the official. All players farther than 4m from the foul are allowed free movement.

The option of self-starting is administered at the spot of the foul. However, if the ball is within playing distance (a stick and-a-half length away) from the player who is awarded the free position, the player who is awarded the free position may pick up the ball and, from a settled stance, self-start from that location.

If the ball ends up outside the playing distance of the foul, the player who has been awarded the free position and the ball must return to the spot of the foul for the self-start. If the spot of the foul cannot be determined, the official shall indicate the location of the free position.

If the player who has been awarded the free position chooses to self-start, the defensive players may engage immediately following the self-start. The ball carrier does not have to wait for all other players to be in position before she self-starts. The ball carrier may also elect to wait for the official's whistle to restart play.

To resume play when the ball has gone out of bounds, the closest player of the team awarded possession of the ball may commence play with a self-start, relative to the spot from where the ball went out of bounds. All other players must be at least 2m from the ball carrier. Player may commence play with a self-start without coming to a full stop in bounds.

If any player (within 4M) moves prior to the player who has been awarded the free position, this results in a false start and shall be penalized at the spot of the ball. Repeated false starts or delays in moving 4m by the defense may result in a delay-of-game card

FAQs - Frequently Asked Questions about Self-Start

Q1. How do we define a settled stance?

A settled stance is defined as: both feet are stationary, on the ground, with the ball positioned in the head of the stick, and the player with possession making, at minimum, a momentary pause before restarting play

Q2. When is a self-start NOT an option?

- a) The game clock is stopped for any reason.
- b) Restraining line violation (offsides)
- c) Ball is in Critical Scoring Area for Offense (excluding boundary restarts)
- d) Alternate Possession
- e) Inadvertent Whistle
- f) Overtime
- g) After a goal is scored

Q3. Can a player self-start on an illegal draw?

Yes

Q4. What does "within playing distance" mean?

Playing distance can be defined as within 1½ stick's length of where the foul occurred. A player's momentum may carry them forward this distance (after a whistle has been blown for a foul). Self-starts are permitted within this distance, unless the restart would occur within the critical scoring area

Q5. Is it a foul if the player self-starts beyond 4 meters?

NO, it is a reset. The official should whistle to stop play and indicate the correct location for the restart. The original ball carrier returns to spot of foul, takes a settled stance, and self-starts (no whistle needed.)

Q6. What if a player self-starts when it is not allowed?

They can be given a delay of game penalty, or a verbal warning based on the situation.

Q7. What if the offending player or other players do not try to move 4m away/behind the ball carrier? Does a player wishing to self-start have to wait for other players to move 4m behind/away?

The player with the ball does not have to wait to self-start. If the ball carrier chooses to commence play with a self-start while players are within 4m of the ball, there is no foul. If, however, the ball carrier chooses to wait to commence play until all players are 4m away and the opposing players do not try to move, a delay of game foul may be considered.

Q8. How do we determine when play has commenced?

Play will commence once the ball carrier steps or passes. A step is defined as the act of lifting and setting down one's foot. Rocking motions do not commence play. Additionally, movement of the ball carrier's stick does not commence play.

Q9. Is it a foul if a defender engages the ball carrier prior to her self-start?

YES. The official blows an immediate whistle, signals false start, and instructs the offending player to move 4m behind. All other players remain 4m away.

Q10. What are the requirements for play to be restarted when the ball goes out of bounds?

Rule has been amended to allow self-starts on boundary restarts. When the ball has gone out of bounds, it is established that the opponent nearest the ball may commence play with a self-start without coming to a full stop in bounds. On boundary restarts, opponents must give the player in possession of the ball at least two meters — an additional meter from the previous requirement

Exception: If the ball goes out of bounds and the goalie is the closest player in her crease when the ball goes out of bounds goalie has two options:

Goalie may have any of her teammates go to get the out of bounds ball and play will commence as soon as player with the ball steps inbounds

If goalie chooses to play the out of bounds ball, then play will commence as soon as she steps in bounds with the ball and she is no longer able to return to her crease to start play

Goalie can carry ball into goal circle this year if goalie receives ball outside the circle. If carries ball out of goal circle, she must be played.

Q11. Can a player self-start when the ball goes out of bounds as the result of a foul?

Yes. The fouled player is positioned, with the ball, at the spot of the foul (at least 4m from the boundary) and may choose to self-start.

Q12. Are self-starts permitted within the last **one minutes of each half (when stopped clock is in effect)?**

Self-starts are not permitted when the game clock is stopped. However, if there is a running clock due to a 10-goal differential, self-starts are permitted.

Q13. Is there ever a time when a whistle start should be used when a self-start is allowed?

YES. If the ball carrier does not attempt to self-start in a reasonable period of time, the official may choose to restart play with a whistle. For example, if the ball carrier has waited to ensure all players are 4m away and still does not self-start, the official may start play with the whistle. Or if, in the judgement of the official, a team is deliberately delaying the restart to gain an advantage (e.g., a one-goal game), a whistle start may be used.

FAQs - Frequently Asked Questions about Penalty Zone

Q1: When clearing the penalty zone, are defensive players always entitled to the hash adjacent to the ball carrier?

Yes, the defensive players are entitled to the adjacent hash since free movement. If no defensive player chooses the adjacent hash, then an attack may have the adjacent hash.

Q2: Are there any situations where a lane is cleared instead of the penalty zone?

Yes. For any major foul that occurs between the 8m arc and the 12m fan you will still clear a lane which is as wide as the goal circle and all players are well outside of the lane.

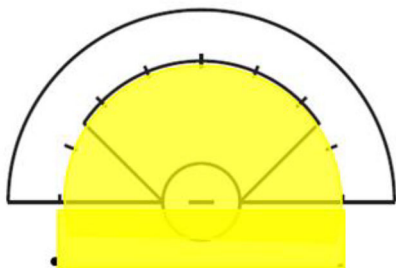
Q3: If the goalkeeper is outside of her goal circle when a foul is committed can she clear back into her goal circle?

Yes. If she did not commit the foul and was within the penalty zone, she can clear back into her goal circle when the penalty zone is cleared.

Q4: If a free position is being set on an outside hash mark (the hanging hash), does the pie area on the opposite side of the 8m arc need to be cleared?

Yes. Any time a free position is taken on a hash mark, the entire penalty zone must be cleared.

Understanding the Girls' Penalty Zone In 2019 high school and youth girls' lacrosse implemented several significant rule changes. One change focused directly on increasing player safety is the creation of a penalty zone. The penalty zone is intended to simplify penalty administration and address safety concerns around 8-meter free positions. This area will be cleared for all 8m free positions awarded above the goal line extended.



The penalty zone is the area from inside the 8-meter arc and extending back to the dots from the 8-meter arc.

If a major foul by a defensive player occurs within 8-meters of the goal circle above the goal line extended, the entire penalty zone must be cleared. All players in the penalty zone must take the shortest route out.

If a major foul by a defensive player occurs below the goal line extended, the player with the ball will go to the nearest dot. The penalty zone is not cleared when a foul is administered at a dot.

The procedures for clearing the penalty zone will remain the same as was previously used to clear the 8m arc with the following exception: if a pair of opposing players is to be moved to a hash adjacent to the ball carrier, the defensive player will be entitled to the inside position closest to the ball carrier.

