

2026 K/2 Grade PAGLA South Rules

Officials

1 to 2 officials (If not available, coaches can officiate)

Coaches

No more than 3 coaches per team, 1 coach may be on the field. *(Determine a time to fade this during the season)*

Length and Width

The maximum playing field shall be rectangular, 60 - 70 yards max in length and 35 - 45 yards in width. An 8-meter arc and restraining line are not required for this level of play. *Note: Flat disc cones may be used to designate the playing area.*

Goal Circle

The goal circle may be marked with a line or with flat disc cones. A goal-line marking is not required. A pop-up goal circle is also permissible. (6' or 8.5' radius)

Goal

4x4, 5x5, 6x6 may be used. Shot Blockers should be used *(This is in place because not all teams have them and some places use the small nets)*

Balls

NOCSAE ND049 standard, and players must wear protective eyewear.

The Lacrosse Stick

Smaller-sized lacrosse sticks can be used at this level of play. There are no requirements or limitations on pocket depth. *(No stick checks by officials)*

Number of Players

4 v 4 players can run the whole field. There is no restraining line.

Time Factors

(4) 8 min quarters, with 2 min break between quarters and 4min. between halves.

OR,

(2) 20 min halves running clock. Coaches can decide at start of game.

Scoring

No Score Keeping

Start of Game

The team that won the coin toss shall place one player at the center spot with the ball. All other players shall be on their defensive side of the center spot, with all players at least 4 meters from the player with the ball. *(Draws can occur if both teams agree)*

Restart After a Goal is Scored

The official removes the ball from the goal and gives it to a player from the team scored upon along the goal line to the side of the goal. All other players will be moved 4 meters away. The player with the ball self-starts.

Out of Bounds

Play shall be stopped when the ball goes out of bounds. The last team to touch the ball will lose possession of the ball, and play will be restarted.

Substitutions

Substitutes can occur after a goal is scored and on the whistle with equipment ready to sub.

Playing Modifications from the High School Game

For any major fouls, such as illegal or dangerous contact, unsportsmanlike conduct, or illegal checking, the player should be taken off the field for a brief time period – no cards are used, and the team does not play short a player.

Shooting

Before a team can shoot after the initial possession, there must be two attempted passes. (Must be attempts. No Dropping, handing off, or rolling) (Increase to 4 attempted if one team is dominating)
Encourage girls to shoot real shots and not try to roll under the shot blocker.

1v1 Defense

1v1 must be enforced at all times at this level on all parts of the field. NO DOUBLE TEAMING.

3 Seconds Closely Guarded Defense-

The player with the ball may not hold the ball for more than three seconds when:

- They are closely guarded,
- The defense has both hands on their stick,
- and The defense is in a position to legally check if checking is allowed.

NO CHECKING ALLOWED

NO RESTRAINING LINE OR OFFSIDE FOULS

Fouls

1. No stick-to-stick, body-to-body, or body-to-stick contact. Additionally, the stick cannot be in the sphere around another player's head or neck.
2. No stick checking. Incidental stick contact may occur and is not necessarily a penalty.
3. ***No covering the ball with your stick or body.***
4. No intentionally playing the ball off the body, other than a foot. Kicking the ball is allowed if it does not create danger for other players.
5. No entering the goal circle (except to get the ball out of the goal after a shot is scored).
6. ***No defending the goal by standing in the 4-meter space in front of the goal (except when playing a stick's length away from an attacking opponent).*** (Offense awarded free stationary shot from about 8M)
7. No dangerous propelling (passing or shooting through someone or passing or shooting without looking first; it is the responsibility of the person with the ball to make a safe pass or shot).
8. No dangerous follow-through with the stick in a pass or shot.
9. No moving or blind picks.
10. We strongly suggest only 2 players going for the ball. It will be a foul only if the following happen. An empty stick, a cover or aggressive pushing or shoving another player.

Game emphasis on

-No Covering the ball with your stick or Body

-No defending the goal by standing in the 4-meter space in front of the goal (except when playing a stick's length away from an attacking opponent).

- Reward proper defense with 3-second calls (this will also help the offensive team by not standing still, holding the ball, and keep the girls moving)