

# PAGLA RULES 2026

## 3<sup>rd</sup> and 4<sup>th</sup> Grade

### [USAL 2026 Girls Youth Guidebook](#)

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 3<sup>rd</sup> and 4<sup>th</sup> grade.
2. Seven field players, and use either a shooting net or a goalkeeper
  - a. Encourage your coaches to tell their players to spread out
  - b. Play 1v1 defense; double/triple teaming a player is not encouraged!
3. Field size 60-70 yards x 30-40 yards
4. **Only 3 coaches in the coaches box - One designated Head coach is allowed to speak to the officials.**
5. Keep parents at midfield, in-between games. **Spectators are not allowed on the same side of the field as teams or behind the goals.(safety issue).**
6. Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.
  - a. Each team **MUST** designate someone to be in charge of their own spectators.
  - b. If a spectator becomes unruly they will be required to leave the field or the coach will receive a card or both.
7. The **goal circle must be marked** with cones or a line.
8. NO 8 meter arc is required but suggested
9. Dot 5 meters behind the goal line is required **on either side of goal..**
10. NO CHECKING ALLOWED at any time during the games.
11. NO keeping score
12. Regular women's crosse, modified packet allowed. The shaft may be cut to fit comfortably along the arm.
  - a. The goalkeeper's stick may be between 35 ½" and 52" in length.
  - b. 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.
13. 3 Seconds Closely Guarded Defense
  - a. They are Closely guarded/marked
  - b. The defense has both hands on their stick, and
  - c. The defense is in position to legally check if checking were allowed.

14. Offsides Rule
  - a. The 50-yard line is to be used as a restraining line to keep 2 players back!
15. Game timing for the 3/4 games
  - a. If playing games consisting of 2 halves:
    - i. 20-minute running clock halves
    - ii. Each team is allowed two-time outs (2 minutes in duration)
    - iii. Stop clock on time outs!
  - b. If playing a round robin format
    - i. Each game is 20 minutes running clock
    - ii. 5 minutes between games to change fields
    - iii. There will be a central clock in between the 2 fields keeping the time for both games
    - iv. There will be no time outs unless there is an injury and if this is necessary it is a running clock because of central horn
16. No overtime
17. No follow through into the goal circle on a shot.
18. NO field player may enter or have any part of her body or cross on or in the goal circle at ANYTIME!
19. Once the goalie gets the ball the now defensive team **MUST** move back to the 50 yard line.
  - a. If the goalie gets the ball, the pass from goalie to a teammate is a free pass not contributing to the pass rule; it does not need to be caught (it's the attempt).After the attempt has been made the defensive team can then pressure the ball.
  - b. Once the goalie clear/pass is attempted, if the attacking team gains possession in their defensive end they need to complete one pass before crossing the 50-yard line. Once the ball crosses the 50-yard line the attacking team must pass the ball a second time prior to being allowed to shoot on goal. **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. However, there are no other minimum pass rules.
20. Rolling the ball under the shot blocker will not be allowed.
21. If a player receives a card, yellow (2 minutes) or red (4 minutes) they go to the substitute box to serve their penalty. **A substitute must take her place.**
  - a. An initiated check to the head is a YELLOW card
22. The ball must be a NOCSEA standard ball, either yellow, green, or orange.

23. Eye shade 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.
24. **Mouth guards- any color is allowed, any color with no protruding tabs and not attached to goggles.**
25. Goggles must be ASTM approved and SEI certified
26. Goalies at all levels must wear:
  - a. NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
  - b. Separate wrap around throat protector
  - c. NOCSAE ND200 chest protector, came into effect in 2021
  - d. **Pelvic & Abdominal Protection**
  - e. **Leg Protection - this includes thigh and shin**
  - f. Mouthguard that is any color with no tab attached.
  - g. Goalie must have a **team jersey on OVER her equipment**. It must have a number on the front and back of the jersey.
27. The home team designates a centrally located timer.
28. Substitutions during play are permitted through the substitution box.
29. If an 8m is marked on the field then 8m free positions are allowed if there is a goalie in the cage. If no goalie, it will be an indirect free position (must pass the ball).
30. **NO MERCY RULE as per USAL recommendations no score is kept**
31. Start of Game:
  - a. The game will start by a draw.
  - b. It is suggested that but not limited to players lining up in a format that consists of 2 attack, 3 midfielders (1 being a center), 2 defense and the goalie.
32. No Deputy is Allowed: No player may go into the goal circle unless they are the goalie or the official directs them to get the ball.
33. Kicking the ball is allowed but not towards the goal or into other players.
34. PAGLA will not be playing with the SELF-START rule.
  - a. Players must stop and stand on the whistle.
35. 1 on 1 defense only required in the mid field
36. Additional Information:
  - a. A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
  - b. 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.

- c. Keep the defense marking up in the 8m, must be a sticks length away from a player. (Prevents shooting space calls).
- d. 3 seconds violation outside the CSA above the goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- e. A minor foul in CSA goes to the closest spot on 12 meter and clear the lane.

37. Alternate Possession-

- a. The winner of the coin toss at the beginning of the game shall have a 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. The record of the possession shall be kept at the score table.
- d. An alternate possession cannot be taken within 4m of the boundaries.
- e. If the alternate possession would be awarded inside of the critical scoring area, it shall be awarded at the closest dot.
- f. If alternating possession includes a card. Carded foul is only foul and assessed. Alternating possession will not be used.

38. Link to the [USAL 2026 Girls Youth Guidebook](#)

**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](http://www.PAGLA.org)



# PAGLA RULES 2026

## 5<sup>th</sup> and 6<sup>th</sup> Grade

### [USAL 2026 Girls Youth Guidebook](#)

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1. Each club may have a 5/6 team based on their player's ability in one of the 2 divisions.
  - a. If there are two B teams, they must be divided equally by ability and grade.
  - b. Players must be given equal playing time given all things equal, i.e., if two players have attended equal practice time, etc.
2. **Only 3 coaches in the coaches box- One designated Head coach is allowed to speak to the officials.**
3. Coaches' area is from outside their substitution area to end line on their own half of the field
4. Play on a regulation sized field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
  - a. NO GOALIE = NO shooting net/blocker = Empty Net; NO turning cage over!
6. Games consist of 4-10 minute running clock quarters per USAL.
  - a. 1st quarter: The clock is set for 10 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.
  - b. Break: Immediately upon hitting zero reset the clock for 2 minutes and start it (this is a coaching break).
  - c. Players will return to the field prior to the clock sounding at zero, the ref will whistle for them to enter the field to set up for the draw.
  - d. 2nd quarter: The clock is reset to 10 minutes and starts on the whistle. Again it runs until zero with no stoppages unless injury or time out
  - e. Halftime: The clock is reset for up to 5 minutes and starts for halftime. Players return to the field prior to the end of the 5 minutes.
  - f. 3rd quarter: The clock is set for 10 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.
  - g. Break: Immediately upon hitting zero reset the clock for 2 minutes and start it (this is a coaching break).
  - h. 4th quarter: The clock is set for 10 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.
  - i. Each team is allowed 2 timeouts per game.
  - j. No overtime, the game may end in a tie.

7. **Spectators are not allowed on the same side of the field as teams or behind the goals.(safety issue).**
8. Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.
  - a. Each team **MUST** designate someone to be in charge of their own spectators.
  - b. If a spectator becomes unruly they will be required to leave the field and/or the coach will receive a card
9. The ball must be a NOCSEA standard ball, either yellow, lime green, or bright orange.
10. Regulation women's lacrosse stick and pocket following NFHS rules.
  - a. The goalkeeper's stick may be between 35 ½" and 52" in length.
  - b. Field Players' crosse can be between 35 ½" min. and 43 ¼" max.
11. Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year) or scoring sheet, so there are no discrepancies with a score.
  - a. The officials should sign the scorebook after the game to make the game official.
12. Home team appoints a timekeeper
13. Scorekeepers and timers must be centrally located at the 50-yard line. The scorekeeper/timer is not part of the team's coaching staff, may not yell at players or officials, or cheer in an excessive manner, they are supposed to be neutral.
14. MERCY RULE (5/6 Grades A & B) - The USAL Mercy Rule applied at 4-goal differential unless waived by the team that is behind.
  - a. The leading team is encouraged to use their non-dominant hand, play other positions, etc.
15. Goalies at all levels must wear:
  - a. NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
  - b. Separate wrap around throat protector
  - c. NOCSAE ND200 chest protector, came into effect in 2021
  - d. **Pelvic & Abdominal Protection**
  - e. **Leg Protection - this includes thigh and shin**
  - f. Mouthguard that is any color with no tab attached.
  - g. Goalie must have a **team jersey on OVER her equipment**. It must have a number on the front and back of the jersey.
16. Substitutes must enter the field and exit the field within 5 yards from either side of the centerline. The sub going into the field **must wait** to go on until the person leaves the field. The Home team **MUST** provide cones to mark the sub 'box'.
17. Draw – 3 players (from each team) should be placed between the Restraining

- Lines, one person takes the draw at the center. All other players can't cross the restraining line prior to possession.
18. Modified Checking: An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
  19. Three Seconds Closely Guarded Defense
    - a. They are Closely guarded/marked
    - b. The defense has both hands on their stick, and
    - c. The defense is in position to legally check if checks were allowed.
  20. 3 seconds in the 8m arc, standing in the 8m arc for more than 3 seconds outside of the sticks length of an opposing player.
    - a. The count starts when the offense crosses the Restraining Line.
  21. There is No Deputy allowed at the 5/6 level per USAL rules.
  22. No following through into the goal circle on a shot.
    - a. No field player may have any part of her body or stick on or in the goal circle at ANYTIME!
  23. 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.
  24. Stick to Body Contact:
    - a. **Girls may not hold their stick horizontally and make contact with the opposing player. This is a major foul.** Encourage girls to hold their stick vertically when playing defense. Cards could/may or will be given for this foul.
    - b. Stick to body contact initiated by the defense is prohibited. Incidental contact may occur.
    - c. A hand or forearm holding a stick is not considered part of the stick and may contact an opponent's body.
    - d. A defender may not "ride" an opponent by holding their stick against the opponent's body as they are running.
  25. Carded players must leave the field and enter 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
  26. Kicking the ball is allowed but not towards the goal or into other players.
  27. Alternate Possession-
    - a. The winner of the coin toss at the beginning of the game shall have a 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. The record of the possession shall be kept at the score table.
- d. An alternate possession cannot be taken within 4m of the boundaries.
- e. If the alternate possession would be awarded inside of the critical scoring area, it shall be awarded at the closest dot.
- f. If alternating possession includes a card. Carded foul is only foul and assessed. Alternating possession will not be used.

28. Illegal Draws occurs when:

- a. Either player draws too soon
- b. No attempt to draw up
- c. Movement of the crosse is not up
- d. Player moves after the official says "ready" and before the whistle
- e. The ball does not clear the heads of the players taking the draw

**Note: If the draw goes directly out of bounds it is a redraw.**

**Note: Restarting play after an illegal draw, play starts at the spot of the ball & any player may take it.**

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

29. Additional Information:

- a. A player that runs into a defensive player's legal stick and their own stick hits them in their head (NOT A CARDABLE FOUL).
- b. 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.
- c. Keep the defense marking up in the 8m, must be a sticks length away from a player. (Prevents shooting space calls).
- d. Sticks Length is the length of the stick from your body out, this does not include the length of your arm and the stick
- e. 3 seconds violation outside the CSA above the goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
- f. A minor foul in CSA goes to the closest spot on 12 meter and clear the lane.

30. Link to the [USAL 2026 Girls Youth Guidebook](#)

***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 2026

## 7<sup>th</sup> and 8<sup>th</sup> Grade

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1. Each club may have a 7/8 team based on their player's ability in one of the 2 divisions.
  - a. If there are two B teams, they must be divided equally by ability and grade.
  - b. Players must be given equal playing time given all things equal, i.e., if two players have attended equal practice time, etc.
2. **Only 3 coaches in the coaches box- One designated Head coach is allowed to speak to the officials.**
3. Coaches' area is from outside their substitution area to end line on their own half of the field
4. Play on a regulation sized field with appropriate markings.
5. Full field play with 12 players per team on field, one must be goalie!
  - a. NO GOALIE = NO shooting net/blocker = Empty Net; NO turning cage over!
6. Games consist of 4-12 minute running clock quarters.
  - a. 1st quarter: The clock is set for 12 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.
  - b. Break: Immediately upon hitting zero reset the clock for 2 minutes and start it (this is a coaching break).
  - c. Players will return to the field prior to the clock sounding at zero, the ref will whistle for them to enter the field to set up for the draw.
  - d. 2nd quarter: The clock is reset to 12 minutes and starts on the whistle. Again it runs until zero with no stoppages unless injury or time out
  - e. Halftime: The clock is reset for up to 5 minutes and starts for halftime. Players return to the field prior to the end of the 5 minutes.
  - f. 3rd quarter: The clock is set for 12 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.
  - g. Break: Immediately upon hitting zero reset the clock for 2 minutes and start it (this is a coaching break).
  - h. 4th quarter: The clock is set for 12 minutes, starts on the whistle, and runs until zero with no stoppages unless there is an injury or time out.

- i. Each team is allowed 2 timeouts per game.
  - j. No overtime, the game may end in a tie.
7. **Spectators are not allowed on the same side of the field as teams or behind the goals.(safety issue).**
  8. Spectators are responsible for their role in a positive and safe play environment by demonstrating sportsmanlike conduct at all times.
    - a. Each team **MUST** designate someone to be in charge of their own spectators.
    - b. If a spectator becomes unruly they will be required to leave the field and/or the coach will receive a card
  9. The ball must be a NOCSEA standard ball, either yellow, lime green, or bright orange.
  10. Regulation women's lacrosse stick and pocket following NFHS rules.
    - a. The goalkeeper's stick may be between 35 ½" and 52" in length.
    - b. Field Players' crosse can be between 35 ½" min. and 43 ¼" max.
  11. Each team appoints a scorekeeper, with an official scorebook (clubs can use the same one each year) or scoring sheet, so there are no discrepancies with a score.
    - a. The officials should sign the scorebook after the game to make the game official.
  12. Home team appoints a timekeeper
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  14. MERCY RULE (5/6 Grades A & B) - The USAL Mercy Rule applied at 4-goal differential unless waived by the team that is behind.
    - a. The leading team is encouraged to use their non-dominant hand, play other positions, etc.
  15. Goalies at all levels must wear:
    - a. NOCSAE certified helmet (with stamp) designed for lacrosse with facemask and secured with chinstrap
    - b. Separate wrap around throat protector
    - c. NOCSAE ND200 chest protector, came into effect in 2021
    - d. **Pelvic & Abdominal Protection**
    - e. **Leg Protection - this includes thigh and shin**
    - f. Mouthguard that is any color with no tab attached.
    - g. Goalie must have a **team jersey on OVER her equipment**. It must have a number on the front and back of the jersey.
    - h. The foul for illegal equipment by a goalie is a change of possession. The goalie must leave the field to get proper equipt

- i. Goalies may not: shoot, draw, score, or be between restraining lines during the draw.
- 16. Substitutes must enter the field and exit the field within 5 yards from either side of the centerline. The sub going into the field **must wait** to go on until the person leaves the field. The Home team **MUST** provide cones to mark the sub 'box'.
- 17. Draw – 3 players (from each team) should be placed between the Restraining Lines, one person takes the draw at center. All other players can't cross the restraining line prior to possession.
- 18. Transitional Checking: (12" sphere around the head, not the 7" sphere used in Middle School ball) An attempt to dislodge the ball from an opponent's crosse when the checking movement is down and away from the body and below the shoulder of the player with the ball.
- 19. 3 seconds in the 8m arc, standing in the 8m arc for more than 3 seconds outside of the sticks length of an opposing player.
  - a. The count starts when the offense crosses the Restraining Line.
  - b. Sticks Length is the length of the stick from your body out, this does not include the length of your arm and the stick
- 20. **There is a Deputy allowed at the 7/8 level per USAL rules.**
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**Note: Official uses winding release signal and loudly calls, "RELEASE!" releasing players from the restraining lines.**

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- b. 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.
- c. Keep the defense marking up in the 8m, must be a sticks length away from a player. (Prevents shooting space calls).
- d. 3 seconds violation outside the CSA above the goal line extended. Penalty will be assessed at the 12-meter fan closest to the where the ball was when 3 seconds was called.
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## POINTS OF EMPHASIS FOR 2026

### TREATMENT OF OFFICIALS

Disrespectful and inappropriate treatment of officials remains a persistent issue—particularly at youth games, where the impact is most damaging. Officials at every level deserve to be treated with respect and dignity. Poor sportsmanship, verbal abuse, and harassment directed at officials by coaches, players, or spectators will not be tolerated. Such behavior directly contradicts the values we aim to instill in our athletes: integrity, respect, and fair play. USA Lacrosse is committed to fostering a safe and positive environment for everyone involved in the game. That begins with holding everyone accountable for how they treat those who uphold the rules.

### ILLEGAL STICK TO BODY CONTACT

Proper and safe use of the crosse is essential to minimizing player risk and preserving the integrity of girls' lacrosse as a sport played with limited protective gear. Players must not use their stick to initiate contact with an opponent's body by hitting, pushing, or displacing them. Coaches should reinforce this with their athletes as officials are responsible for identifying and penalizing illegal stick-to-body contact in accordance with the rules.

### OFFICIATING 3-SECONDS GOOD DEFENSE

This rule applies to a player with the ball, not a defender. If the offensive player with the ball holds it for more than three seconds while being closely guarded, the whistle will blow, and the ball will be turned over to the defender.

To be considered "**closely guarded**," the following three conditions must be met:

- The defender is within a stick's length of the offensive player with the ball.
- The defender has both hands on their stick.
- The defender is in a position to legally check the ball carrier, if checking were allowed at that level of play.

For the offense it encourages to work on developing stick handling skills like cradling, changing hands, and moving with the ball to avoid the foul. For defenders, it provides an opportunity to be rewarded for their hard work and proper positioning.

It is often confused with the "3-seconds in the 8M" defensive foul. The key difference is that the "good defense" rule applies to the player with the ball, while the "in the 8M" foul applies to a defender who is in the 8-meter arc without guarding an opponent.

### OFFICIATING FORCING THROUGH

The rule regarding "forcing through" is frequently misunderstood and misapplied by officials. "Forcing through" is a major foul that occurs when a player in possession of the

ball attempts to force their crosse through the crosse of one or more opponents. This is distinct from a charging foul, which involves a player using their body to charge or push an opponent's body or crosse.

Importantly, forcing through is a foul committed by the attacking player and must be called against the offensive team. Defenders who are in a legal position should not be penalized when an opponent initiates contact by forcing their crosse through the defenders' crosses.

## **REMINDERS:**

### **SAFETY AND RESPONSIBILITY**

Participants in girls lacrosse are expected to play, coach, officiate and spectate according to the spirit and intent of the girls game and in compliance with the USA Lacrosse Girls Lacrosse Rules. Emphasis is placed on safety and good sportsmanship.

1. Players are responsible for their behavior and that their equipment and uniform conform to all required and allowable standards, as defined by USA Lacrosse rules.
2. Coaches are responsible for teaching their players to play by the rules of the game with sportsmanship and safety of the highest standard.
3. Officials are responsible for maintaining fair and safe play by consistently enforcing the rules.
4. Spectators are responsible for their role in a positive and safe play environment by always demonstrating sportsmanlike conduct.

### **PAGLA Pregame Statement**

The Pennsylvania Area Girls Lacrosse Associations and its member clubs promote good sportsmanship by youth athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner.

PAGLA reminds you that your attendance at today's event entitles you to enjoy an exhibition of skills being developed by the youth athletes. Please give these youth athletes your positive encouragement and support.

Profanity, racial or sexist comments or other intimidating actions at officials, contestants, or team representatives will not be tolerated.

Individuals who make such remarks will be removed from the site of today's exhibition, their coach will receive a yellow card, a player will have to come off the field of play, and the affiliated club will be fined a minimum of \$100.00.

## **LIGHTNING POLICY**

The purpose of these guidelines is to provide a default policy for those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

## **PROACTIVE PLANNING**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
4. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
5. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
6. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
7. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Position Statement: Lightning Policy" in the USA Lacrosse 2026 Girls Youth Rule book on Page 34.

## Goalies and Goal Crease

**Rule Update 2023:** The Goalie or Deputy may roll, toss, or CARRY the ball back into the goal circle if the 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 the 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:

- The Goalie has feet in the GC 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.
- The Goalie has feet in the GC 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: 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.



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)