

# 2019 10U MSLax Girls Lacrosse Rules

*This document contains MSLax-specific information related to 10U level of play and the 2019 US Lacrosse rules content. Anything highlighted in red is a local MSLax rule override to the US Lacrosse rules content.*

## 2019 FORMAT OVERVIEW

Please note that this is just a guide and the rulesets themselves should be consulted.

### 10U

- Players: 8v8 including a goalie
- Field Size: 60-70 yards x 35-45 yards (cross field)
- Equipment: NOCSAE lacrosse ball; USL specifications for sticks with modified pocket allowed; eyewear required
- Goal Size: 6x6 or 4x4 are preferred.
- Play of Game: Game and beginning of half start with a draw. Goalie clear after goals.

## NOTABLE RULE CHANGES FOR 2019

- a. Introduction of self-start to commence play after a foul or out of bounds.
- b. Creation of a cleared area, the penalty zone applicable for 8 meter penalties at the 10U, 12U and 14U levels.

## 2019 Points of Emphasis

### **OBSTRUCTION OF FREE SPACE TO GOAL – OPPORTUNITY TO SHOOT**

The Free Space to Goal (shooting space) foul continues to be one of the most difficult rules to understand and officiate in girls lacrosse. In an effort to clarify the major foul, the 2019 USL Girls Lacrosse Rules Committee is emphasizing the importance of understanding the criteria needed when evaluating the potential foul. The official must first note the location of the ball. The ball must be above the goal line extended and within the critical scoring area. Second, the attacker must be in active pursuit to goal while her hands, stick and feet are in position to shoot safely. If there are players in the lane to goal, a safe shooting opportunity does not exist. This action must be created by the attacker showing engagement to goal, and the call must be made if the defense is in illegal defensive positioning.

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## **ROUGH AND DANGEROUS PLAY**

Rough and dangerous play is a priority of the USL Girls Lacrosse Rules Committee, not only because it disrupts the flow of play, but because it also places the player(s) at risk for injury. Any check that occurs within playing distance from an opposing player that is performed in a reckless, dangerous or intimidating manner must be called. No player's crosse may hit or cause her opponent's crosse to hit the opponent's body. Any other action with the crosse in which the official's opinion amounts to dangerous or intimidating play should be considered rough and dangerous. Officials should consider carding players who continually commit rough and dangerous fouls. Consistent officiating of rough and dangerous play will not only decrease the risk of injury, but also improve overall game management.

## **EMPTY STICK CHECK – INTENTIONAL VS. INCIDENTAL CONTACT**

This point of emphasis is to clarify incidental versus intentional stick contact during the pursuit of a playable ball. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal. However, when the ball is in a playable situation it is illegal for one player to initiate contact with the opponent's crosse in an effort to prevent her from gaining possession. The official must be able to evaluate the intent of the player initiating the contact. In addition, an area of particular concern is during the draw. When the ball is in the air, an empty stick check should only be called when a player's action is to intentionally check her opponent's stick to prevent her from gaining possession.

## **PROFESSIONALISM**

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.

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In the event situations or questions arise that are not directly addressed in the rule set, Rules 9, 10, and 12 from the 2018 NFHS rule book apply. For further clarifications, please contact [girlsrules@uslacrosse.org](mailto:girlsrules@uslacrosse.org)

## Philosophy of 10U Lacrosse

10U lacrosse is where young athletes begin developing fundamental technical skills in lacrosse.

With respect to the competition at this level, coaches, parents, and officials should emphasize:

- **FUN**
- **Good Sportsmanship**
- **Trying new skills in a team setting**
- **Learning and exploring overall play of the game**

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## Age and Eligibility

Player must be 9 years old or younger on August 31 of the year preceding competition at the 10U level. Ideally, players should be playing in single age classifications and should be at a minimum 8 years old.

### 10U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

- 8v8 includes goalies, (cross field or shortened field length-wise)
- Traditional stick and balls, modified pocket is allowed
- **One official**
- Score is kept

### 10U GIRLS' RULES OVERVIEW

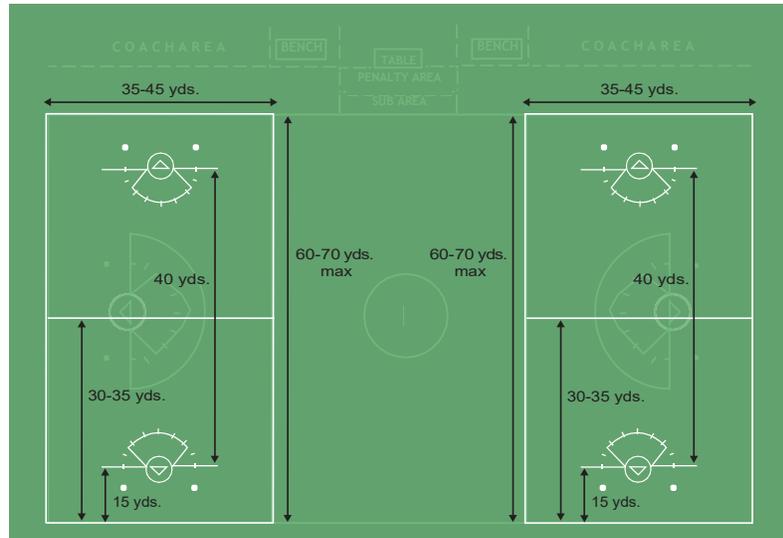
- At the draw players line up in both offensive and defensive end, traditional line up
- Introduction of the 8-meter arc and restraining line at midfield
- After a goal, the goalkeeper clears
- No checking and 3 seconds closely guarded applies
- Must play 1v1 defense
- **3 attempted pass rule; if ahead by 8+ goals, 3 completed pass rule**

*Significant changes introduced at the 10U level include introduction of the goalkeeper and cards for penalty administration. The restraining line, 8m arc are now included and this corresponds with the introduction of 8m rules - shooting space and 3 second defense. As a consequence of these changes, fouls are delineated major, minor and cardable. There is the introduction of pocket requirements though a modified pocket is allowed and the pass rule is eliminated at this age.*

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## **RULE 1:** The Playing Area and Goals

### THE FIELD DIAGRAM



#### 1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 60 -70 yards max in length and 35 - 45 yards in width. NOTE that the **optional** 8-meter arc and a restraining line must be included at this age. All lines on the field shall be between 2 - 4 inches in width.

#### 1.2 - GOAL CIRCLE

The goal circle shall have an 8.5 radius and may be painted on the field or marked with flat disc cones.

#### 1.3 - GOALS

**A 4x4 foot goal or standard 6x6 foot goal flipped over.** The goal shall be centered within the goal circle.

## **RULE 2:** Equipment and Uniforms

#### 2.1 - BALLS

Ball must meet NOCSAE specifications.

#### 2.2 - THE LACROSSE STICK

Regulation for existing USL specifications for lacrosse sticks, with a modified pocket allowed. No more than 1/2 of the ball can be seen below the sidewall. Please see Appendix C for more details on equipment specifications on stick and pockets.

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## 23 - PLAYER EQUIPMENT

Players on each team will wear the same color shirt, but a different and contrasting color than the other team. Each shirt shall have a visible number. Eyewear and mouthpiece are required. Please see Appendix C for equipment specifications.

## 24 - GOALKEEPER EQUIPMENT

The goalkeeper must wear a helmet with face mask and properly secured chinstrap, a separate throat protector, padded gloves, a mouthpiece, a chest protector, a pelvic protector and protection on the shins and thighs.

The protective helmet, designed for lacrosse, must meet the NOCSAE test standard. Please see Appendix C for specifications and guidelines for goalkeeper equipment.

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## **RULE 3:** Game Personnel

### 3.1 - NUMBER OF PLAYERS

8 players (7 Field and 1 goalkeeper) from each team on the field at a time. If one team is unable to field a goalie both teams must play with a non-goalie format.

### 3.2 - COACHES

The coach must remain on the sideline in the coaches' box and team area.

### 3.3 - OFFICIALS

Officials are required for this level of play. 1 certified official is necessary per field of play.



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## 34 - TIME KEEPER

The official assumes all timing responsibilities or designates a timekeeper.

## 35 - SCORE KEEPER

Home team keeps score. Post season playoffs and championships are not recommended.

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## RULE 4: Time Factors and Scoring

### 4.1 - LENGTH OF THE GAME

A competition will consist of two (2) twenty-minute running time halves, with a five minute halftime period.

### 4.2 - TIMEOUTS

There are no timeouts permitted and the clock shall only stop in the event of injury. Injured players must leave the field until the next scheduled substitution and shall be replaced by another player.

### 4.3 - OVERTIME

Overtime shall not be played at this age group.

### 4.4 - SCORING

A goal is scored by the whole ball passing completely over the goal line. The shot must be released before time expires.

## RULE 5: Play of the Game

### 5.1 - COIN TOSS

Prior to the start of competition the official will call one player from each team and conduct a coin toss. The winner of the coin toss can choose direction of play or have the first Alternating Possession.

### 5.2 - START OF GAME OR HALF

The competition is started with each team placing 7 field players on the field to start the game. 3 players will be placed on the 8m offensive end and 3 players on the 8 meter defensive end. The 7th field player will be at the center to take the draw. Players must hold in the 8 meter until the official has signaled that possession has been attained.

### 5.3 - RESTART AFTER A GOAL IS SCORED

With or without a goalkeeper, the official will initiate a draw.

### 5.4 - 3 RESTARTING PLAY - SELF-START

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A



settled stance is with both feet stationary

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ground and the ball positioned in the head of the stick. The self-start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.

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NOTE : The player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials' whistle.

Self-start is not an option when:

- a. The game clock is stopped;
- b. There is a restraining line violation; (not applicable at 8U)
- c. The ball is in the critical scoring area, excluding boundary restarts;
- d. There is an alternating possession;
- e. There is an inadvertent whistle; or,
- f. A goal is scored.

## 5.5 - 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 closest to the location the ball went out of bounds. The opponent nearest the ball will place the ball in her stick, come in bounds relative to the spot from where the ball went out of bounds, and may commence play with a self-start within 2 meters of the boundary line from a settled stance. NOTE: Out of bounds as a result of a shot on goal results in possession to the player closest to the ball. If the goalkeeper, while within her goal circle, is the nearest to the ball when it crosses the boundary, she will remain in her circle to restart play on the whistle.

## 5.6 - RESTRAINING LINE

Restraining line **may be** introduced at this age level. 2 players must stay back behind the midfield line. A team is considered offside when they have more than 5 players in their offensive end or more than 6 in their defensive end including the goalie.

## 5.7 - GOAL CIRCLE RULES

No player other than the goalkeeper may enter the goal circle at any time. Additionally a player may not follow through into the goal circle on a shot. Penalty: Immediate stoppage of play and possession is awarded to the offended team.

## 5.8 - ALTERNATE POSSESSION

Alternate possession should be used when a coach or official cannot determine who should be awarded the ball, if of-setting fouls

occur or with contested ground ball fouls. There is no self-start with alternate possession. And alternate possession within the critical scoring area is taken on the dot.

## 5.9 - SUBSTITUTION PROCEDURES

Coaches should emphasize regular substitutions focusing on player development in multiple positions on the field. It is recommended that substitutions occur on a stoppage of play, whistle or goal but substitutions can occur during play.

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## **RULE 6:**Fouls

At this level of play fouls fall into 3 categories:

- 1) **Minor (misplay, procedural)**, penalty administration is 4 meters away from the ball and the ball is no closer than 12 meters to the goal circle.
- 2) **Major (safety)**, penalty administration is 4 meters behind and the ball is no closer than 8 meters to the goal circle
- 3) **Cardable/Misconduct (excessive)**, penalty administration is a card. Ball is no closer than 8 meters to the goal circle. While cards are administered at 10U and the player will serve a specific time penalty, the team does NOT play short.

**CARDS:** A player will serve 2 minutes for a yellow card and serve the duration of the game for a red card. The cards are non-releasable.

## Minor

### **61 - CONTESTED GROUND BALLS**

A loose ball shall be contested by no more than 2 players. If a third player comes into the scrum, then the whistle will be blown and the ball will be awarded via alternate possession. **Kicking the ball is permitted.**

### **62 - COVERING THE BALL**

**Players are not permitted to cover the ball with their stick or body when opponent within playing distance.**

### **63 - MINIMUM PASS RULE**

**3 Attempted passes.**

### **64 - 1 V 1 DEFENSE**

1 v 1 defense is required in the midfield area at this level of play. More than one player can defend the ball in the critical scoring area. Shooting space and 3 second defense rules are now introduced.

### **65 - 3 SECONDS CLOSELY GUARDED (OFFENSE)**

Player with the ball may not hold the ball for more than 3 seconds when a) closely guarded b) the defense has both hands on their stick and c) the defense is in a position to legally check if checking were allowed.

### **66 - GOALKEEPER FOULS**

The goalkeeper must not:

- a) Allow the ball to remain in the goal circle longer than 10 seconds.
- b) Step back into the goal circle when she has possession of the ball. She or a teammate may not return the ball to the goal circle, (carrying or rolling) until the ball has been played by a player.

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## Major

### **6.7 - RESTRAINING LINE VIOLATION**

Restraining line is introduced at this age level. 3 players must remain behind midline when ball in offensive end (includes the goalkeeper), 2 players behind when ball is in defensive end.

### **6.8 - 3 SECONDS IN THE ARC (DEFENSE)**

Defenders cannot remain inside the 8-meter arc unless marking an opponent within a stick's length. More than one player can be marking the ball carrier in the arc. However, more than one defender can mark the ball carrier in the 8 meter as long as they are within a stick's length.

### **6.9 - SHOOTING SPACE**

Defenders cannot obstruct the free space to goal if not marking an opponent or playing the ball carrier within a stick's length.

### **6.10 - GOAL CIRCLE VIOLATIONS**

No player other than the properly equipped goalkeeper may enter the goal circle at any time. Offensive players may not follow through into the goal circle on a shot.

## Major or Cardable

### **6.11 - CONTACT**

Legal contact can occur between opponents during the normal process of play. However, contact that occurs that physically forces the opponent off her position or path is illegal contact. Illegal stick to body contact (in a horizontal position) or any contact deemed dangerous should be called.

## Cardable

### **6.12 - SHOOTING FOULS**

Players are responsible for not shooting at other players and a safe follow through on all shots. The stick cannot follow through into the goal circle. Dangerous Propel and Dangerous Follow Through are mandatory cards.

Dangerous Shot: shoot dangerously or without control at the goalkeeper.

1. A dangerous shot is judged on the basis of the combination of distance, force and placement. 2. A shot should not be directed at the goalkeeper's body, especially her head or neck. 3. A dangerous shot does not apply if goalkeeper has time to react or moves into the ball.

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## 6.13 - UNSPORTSMANLIKE CONDUCT

Participants are expected to uphold the highest levels of sportsmanship at all times. Arguing, threatening, the use of profane language or obscene gestures by players, coaches or spectators shall result in a penalty.

### **Penalty Administration for Major Fouls in the 8-meter arc:**

For a major foul by a defense player which occurs in the 8-meter arc:

- a. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc with her feet behind the arc.
- b. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
- c. All players' and sticks must be 8 meters away from the goal circle above goal line extended and the area created by the extension of the 8-meter mark to the dots and across the dots.
- d. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
- e. All players must take the shortest route out.
- f. A defender may take the ball side position on the adjacent hash if that is her shortest route out.