

2019 12U MSLax Girls Lacrosse Rules

This document contains MSLax-specific information related to 12U 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 rule sets themselves should be consulted.

12U

- Players: 8v8 or 12v12, depending on size of field used
- Field Size: 60-70 yards x 35-45 yards (cross field) or 110-140 yards x 60-70 yards
- Equipment: NOCSAE lacrosse ball; USL specifications for sticks and pockets; eyewear required
- Goal Size: 6x6
- Play of Game: A draw is used to start play. A mercy rule can be applied and modified checking is allowed.

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 girl's 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.

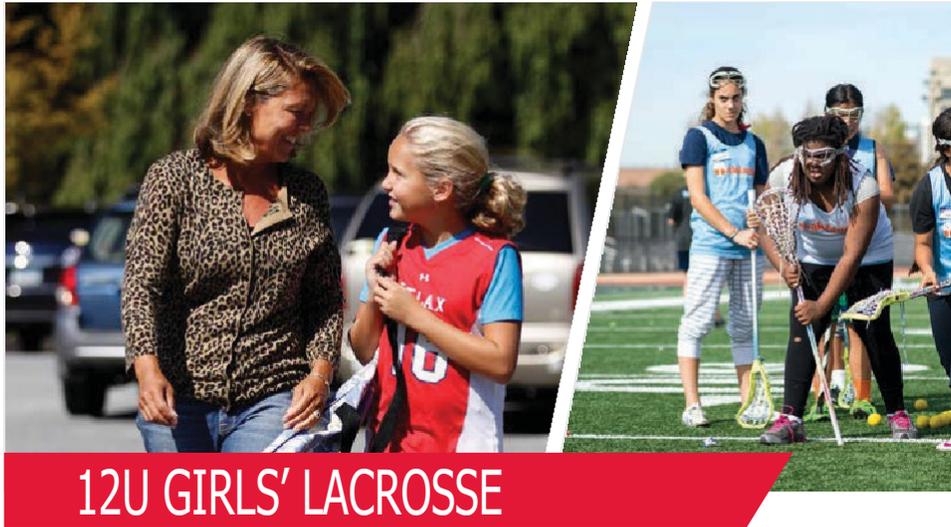
EMPTY STICK CHECK – INTENTIONAL VS. INCIDENTAL CONTACT

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 2019 NFHS rule book apply. For further clarifications, please contact girlsrules@uslacrosse.org

Philosophy of 12U Lacrosse

12U lacrosse is where young athletes are honing their technical skills and begin building the tactical skills needed in lacrosse.

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

- Fun
- Using technical skills in game situation
- Exploring and applying new tactical skills
- Sportsmanship

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Age and Eligibility

Player must be 11 years old or younger on August 31 of the year preceding competition at the 12U level. Ideally, players should be playing in single age classifications.

12U GIRLS' GAME FORMAT SUMMARY AND EQUIPMENT

- 8v8 (cross field) or 12v12 (full field) includes goalies
- Traditional stick and balls
- Officials are required
- Score can be kept

12U GIRLS' RULES OVERVIEW

- At the draw players line up in both offensive and defensive end, traditional line up
- Draws after goals: Mercy rule should be applied at 4-goal differential unless waived by the losing team coach.
- Modified checking is allowed and 3 seconds closely guarded applies

Significant changes at the 12U level include the option for full field play; modified checking is introduced and a team serving a card now plays short.

Significant consistencies with the younger level: 3 seconds closely guarded still applies. There is the option for small sided play.

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1.1 - LENGTH AND WIDTH

The playing field shall be rectangular, 110-140 yards max in length and 60 - 70 yards in width. The boundaries of the field shall be marked with contrasting colored lines so that boundaries are easily identifiable. All lines on the field shall be between 2 - 4 inches in width. NOTE that the 8-meter arc, 12 meter fan and a restraining line are included at this age. If they are playing 8v8 the cross field dimensions for U10 would be used.

NOTE: There are additional approved field dimensions specific to age groups, please refer to Appendix I.

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

6 x 6 is the regulation goal for this age group.

RULE 2: Equipment and Uniforms

2.1 - BALLS

Ball must meet NOCSAE specifications

2.2 - THE LACROSSE STICK

Existing USL specifications for lacrosse sticks and pocket requirements. See Appendix C for further equipment specifications.

2.3 - 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.

2.4 - 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, pelvic protector and padding 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 v 8 or 12 v 12 players (7 or 11 Field and 1 goalkeeper) from each team on the field at a time.

3.2 - COACHES

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

3.3 - OFFICIALS

Officials are required for this level of play. USL recommends 2 certified officials on the field for competition if it is in a 12 v 12 format.

3.4 - TIME KEEPER

A staffed table for score and timekeeper

3.5 - SCORE KEEPER

Scores are to be kept at this level of play.

RULE 4: Time Factors and Scoring

4.1- LENGTH OF THE GAME

A competition will consist of two (2) twenty-two (22) minute running time halves, with a five minute halftime period. Stop time in last 2 minutes of each half by ref stoppage of play/ 5-minute halftime.

4.2 - TIMEOUTS

Teams will have two (2) two minute timeout per game. The clock may also be stopped 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.

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52 - START OF GAME OR HALF

The competition is started with each team placing 11 field players on the field to start the game with each team fielding a goalkeeper. For full field play, 3 field players from each team will be positioned around the draw circle to take the draw. A field player from each team takes the draw at the center spot. Players must hold in the 8 meter or behind the restraining line until the official has signaled that possession has been attained.

53 - RESTART AFTER A GOAL IS SCORED

After a goal is scored, the competition will restart with a 3v3 draw at the center. The Mercy Rule: if a team is winning by four or more goals, the trailing team can elect to take an indirect free position at the draw center.

3 attempted pass rule; if ahead by 8+ goals, 3 completed passes before attempted goal. If up by 8+ goals, recommend that coach instructs players to use non-dominant hand to pass & shoot, pass to other players before scoring goals, etc.

54 - RESTARTING PLAY -SELF-START (New for 2019)

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 on the 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.

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 6U)
- 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.

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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

2 or 4 players must stay back behind the restraining line when the team is on defense. 3 or 5 players must stay behind the restraining line when the team is on offense (this includes the goalkeeper.)

5.7 - GOAL CIRCLE RULES

No player other than the goalkeeper or deputy goalkeeper (deputy goalkeeper is a field player allowed to enter the goal circle when the goalkeeper has left the goal circle when her team is in control of the ball), may enter the goal circle at any time. Additionally, a player may not follow through into the goal circle on a shot.



5.8 - ALTERNATE POSSESSION (NEW for 2019)

Alternate possession should be used when a coach or official cannot determine who should be awarded the ball or if off-setting fouls occur. 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. Substitutions can occur after goals or 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. For a card, the player will serve a specific time penalty AND the team will 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

6.1 - CONTESTED GROUND BALLS

There are no restrictions at this age for number of players contesting a ground ball. In addition, players may use a kicking motion to move a ball into free space as long as it does not pose danger to other players and it is not a shot on goal.

6.2 - COVERING THE BALL

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

6.3 - MINIMUM PASS RULE – 3 attempted passes; if score is 8+ goal differential, 3 completed passes.

6.4 - 1 V 1 DEFENSE - No longer applies.

6.5 - 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 c) the defense is in a position to legally check if checking were allowed.

6.6 - 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.

Major

6.7 - RESTRAINING LINE VIOLATION

For full field, 5 players behind line when ball is in offensive end, 4 players behind when ball is in defensive end.

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6.8 - 3 SECONDS IN THE ARC (DEFENSE)

Defenders cannot remain inside the 8m arc unless marking an opponent within a stick's length. More than one defender can mark the ball carrier in the 8m. 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.

6.12 - ILLEGAL CHECK

Modified Checking below the shoulder is permitted. Any check above the shoulder or into the sphere or forcing the opponents stick into the sphere constitutes an illegal check. Check to the head and a slash are mandatory cards.

Cardable

6.13 - SHOOTING FOULS

Players are responsible for not shooting at or into other players and to maintain a safe follow through on all shots. 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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6.14 - 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.