



Capital Girls Lacrosse League (CGLL) Rules & Regulations

Only safe play, appropriate conduct and good sportsmanship will be tolerated. Have Fun! Games will have USA/NFHS certified officials. Any penalty or card will be awarded at the discretion of the official. Any player or coach with a misconduct Red Card will not participate in the following game. Two Yellow Cards, the player is out for the rest of the game. If there is a double-header, she can participate in the following game.

2022-23 USA Lacrosse rules will be used for all divisions with the following modifications:

1. Number of players: 5 field players and 1 goalie. Teams must begin each game with a goalie. No roster limits. All substitutions will be on the fly. (Future division will play 4v4 without a goalie).
2. Each game will be two 22-minute halves with a 2 minute halftime. One 30-second timeout can be called ONLY in the second half and ONLY if there is at least a 3-goal differential, but NO timeouts can be called during the last 4 minutes of play. Clock will run during the timeout except during playoffs where the clock will stop.
3. If at the end of each half, a major foul by the defense in the 8 meter arc has been whistled, the shot will be awarded. One shot, no pass, no rebound play.
4. Teams involved in a game that ends in a tie at the end of regulation, will continue play until Sudden Victory.
5. No Offsides.
6. No Boundaries, play continues off the boards.
7. All players are required to wear the proper safety equipment during each game including mouthpiece.
8. Each team must have a coach on the sidelines for each game at all times and is responsible for the team. Parents and fans must stay in the spectator area.
9. The first alternate possession will go to the team listed as home.
10. All games will start with a draw. Two additional players from each team may be around the draw circle. All additional players will start behind goal line extended. After a goal, the goalie will start possession with a clear on the official's whistle. There will be only one draw per half **except for Future Elite Division which will have a draw after each goal.**
11. Self Start: the player with possession will make, at minimum, a momentary pause before restarting play (without waiting for an additional whistle) except for the CSA and after a goal.
12. Penalty Zone: if a major foul by the defense takes place within 8 meters of the goal circle, including the "pie" area and above the goal line extended, the free position is placed on a hash mark and therefore the entire penalty area is cleared.
13. Free Movement: Players will no longer be required to stop on the whistle.
14. Tie Breaker: First Record, then Head to Head, then Goal Differential.