

2026 PCLA Girls Rules Highlights

Player safety is our first priority. Lacrosse is a sport that has the risk of physical contact between players with their body or stick. Young players that are learning the game will make mistakes and commit fouls. Parents and fans must allow the officials to call the penalties, coaches to instruct their child on safe play, and refrain from comments made from the sidelines. A player that commits a personal foul is temporarily removed from the game for additional instruction. A player that commits three personal fouls may not return to the game.

We have limited stick checking, and **NO body checking.** Everyone participating or watching the game should understand legal body contact and stick checks for their player's age division.

We follow the USA Lacrosse 2025-Girls-Youth-Guidebook as the basis for our rules. It is an excellent resource and contains safety protocols and a code of conduct. There are additional rules for the 7-8 boys division based on the National Federation of High School (NFHS). These are available on the **RESOURCES** tab on our www.ncpclalax.com website. We also have specific rules for each age division. Each PCLA team is required to have a USA bronze certified coach on the sideline. Every coach has received training on abuse prevention, cultural competency, concussion awareness, sudden cardiac arrest and passed a lacrosse rules exam.

For our PCLA Elementary Middle School Girls teams' the following rules will apply.

- One pass must be attempted **completely within** the offensive zone of the field. This extends from the top of the 8 meter arc in the defensive half of the field to the end line in the offensive end of the field. A change of possession within the offensive half does not require an additional pass attempt. Girls ES will have two pass attempts in the offensive zone.
- **There are NO STICK CHECKS ALLOWED at the Elementary School level**
- Only modified checking will be allowed **at the Middle School level.** No stick checks should be started above the shoulder. Specifically, the checking motion must be below the shoulder and away from the body. This rule is designed to promote safe play and skill development for younger players
- Girls elementary school will use a 10 second closely covered rule. They must pass the ball within 10 seconds when guarded. This is to prevent a player from retaining possession of the ball and stopping the flow of the game.

Additional Rules

- Score is kept.
- **5v5 with no goalies – There are no position and offsides per USA Lacrosse Girls' Rules. A goal blocker may be used. The number of players may be adjusted if limited players are available.**
- **8v8 with goalies - consisting of two attackers, three midfield, two defenders plus goalie. Defensive players allowed in the crease. The number of players may be adjusted if limited players are available.**
- 6x6 goals on a short field (60x40)

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- Two twenty-minute halves running time. One timeout of one minute per game is allowed. It is not to be called in final two minutes of a half.
- Draw at the beginning of each half and after goals. **THE ONE PASS RULE APPLIES TO FACEOFFS**
- For elementary girls only - If a loose ball cannot be picked up after four seconds due to 3 or more players in a "scrum" or becomes trapped by multiple sticks, the official shall stop play and possession shall alternate. Designated visiting team gets first alternate possession.
- Offsides is more than 5 in offensive half, or more than 6 in defensive side.
- On restarts an opposing player should be a minimum of 5 yards away. Officials should designate players that have limited touches to restart.
- Teams down by 5 goals have option of taking possession at the face-off X without face-off.
- Personal fouls penalties are to be reported to the score table by the official.

Clarifications from last year are highlighted in yellow. These are clarifications only. No changes were made from last year's rules.