

USA GIRLS' LACROSSE — OFFICIALS SUMMARY

Preface

Youth lacrosse is intentionally different from high school and beyond. At the youth level, the priority is **safety, development, and teaching fundamentals** before adding more contact or advanced physical play. This spring, our league is following **USA Lacrosse youth rules** to ensure consistency, simplicity, and alignment with teams from other areas.

Rules by Age Division

PCLA	Stick Check	Penalty	One				Draws after Goal	Timeout	Coach on	
			Scrum	Pass	Players	Goalie			the Field	Offside
K-2	No	Free Position	Yes	No	7v7	No - Optional	No - Alt Poss	1 per half	Yes	2 on defensive, 5 on offense
3-4	No	Free Position	Yes	No	8v8	Yes - Recommended	Yes - Fewer Circle Players	2 per half	Yes	2 + Goalie on defense, 4 on offense
5-6	Yes-Modified	Modified Card	Yes	No	12v12	Yes	Yes	2 per half	No	3 + Goalie on defense, 5 on offense
7-8	Yes-Modified, Full Optional	Modified Card	Yes	No	12v12	Yes	Yes	2 per half	No	3 + Goalie on defense, 5 on offense

Elementary girls will play by K-2 rules, and the Middle School will play by 5-6 rules. This is the closest to what we have done in the past.

Key Mechanics & Points of Emphasis (Girls)

1. Safety First

- No body checking at any level.
- Strict enforcement of **Sphere** and **Shooting Space**.
- Stop play early if a situation becomes dangerous.

2. Age-Specific Contact Rules

Elementary (10U) Girls

- No stick checking.
- Only gentle stick-to-stick contact while playing the ball.
- Frequent instructional whistles.

Middle School (14U) Girls

- Modified checking allowed (controlled, below shoulder level, directed at the stick).
- No checking toward the head or body.
- Direct free positions for major fouls.

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3. Positioning & Movement

- Defenders may hold space but cannot initiate contact.
- Attackers must avoid charging into defenders.
- Restart positioning must be safe and clear.

4. Game Flow

- 10U: More teaching, slower pace, more stoppages.
- 14U: More continuous play, quicker restarts, higher expectations.

5. Communication

- Explain briefly at 10U; concise signals at 14U.
- Reinforce safety and spacing throughout the game.
