

# 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	Scrum	One		Goalie	Draws after Goal	Timeout	Coach on the Field	Offside
				Pass	Players					
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.

# USA GIRLS' LACROSSE — OFFICIALS SUMMARY

## 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.
-