

USA GIRLS' LACROSSE — PARENTS SUMMARY

Preface

Youth lacrosse is intentionally different from high school and beyond. At this age, the focus is **safety, skill development, and learning the game the right way** before adding more contact or advanced physical play. This spring, our league is following **USA Lacrosse youth rules** to stay aligned with national standards and compete consistently with teams from other areas.

Purpose of Youth Girls Lacrosse

The goal is to teach players movement, spacing, stick skills, and safe defensive technique — not physical dominance.

What Coaches & Parents Should Expect (Girls)

1. Limited Contact by Design

- Girls youth lacrosse is a **non-body-checking sport**.
- Contact is controlled, minimal, and always secondary to skill.
- Sphere and Shooting Space rules protect players from dangerous situations.

2. Age-Specific Rules

Elementary School (10U) Girls

- No stick checking.
- Emphasis on spacing, movement, and confidence.
- Officials will stop play often to teach.

Middle School (14U) Girls

- Modified checking allowed (controlled, below shoulder level).
- More flow, more transition, more advanced concepts.

3. What the Game Should Look Like

- Lots of passing, catching, and movement.
- Defenders using footwork and stick position — not body contact.
- Players learning to protect the ball and avoid dangerous lanes.

4. Why These Rules Matter

- Kids grow at different rates; contact must be limited.

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- Safety rules prevent head injuries and collisions.
- Skill-first development creates better long-term players.

5. How Parents Can Support

- Cheer effort and improvement.
 - Understand that more whistles at 10U are intentional.
 - Reinforce safety and sportsmanship.
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