



Rules for 2024 Girls Spring Season

	1st & 2nd Grade Division	3rd & 4th Grade Division	5th & 6th Grade Division	7th & 8th Grade Division
Rule Guidelines	USA Lacrosse Youth rules with WMYLC modifications.			
Duration of Play	20 minute half, running clock	20 minute half, whistle stop in last 2 minutes of play	25 Minute half, whistle stop in last 2 minutes of play	
Protective equipment	--Eyewear must be either SEI (Safety Equipment Institute) certified on from the USL approved eyewear list on WMYLC Website --Mouthpieces must be USL approved. Color restrictions have been lifted, but mouthpieces may not protrude from the players mouth --NOCSAE Lacrosse Balls --All Goalie chest pads must have NOCSE stamp and must wear shin protection			
Sticks	USL specifications for 10U sticks with modified pocket		USL specifications for sticks and pockets.	
Field Players excluding goalie	5 V 5	7 V 7	11 V 11	11 V 11
Goalie Required	Not required but encouraged. Use of 11th man goalie will be encouraged this year	Yes - Required		
Field Size	Modified Field 60 Yards between Goal lines 80 - 90 Y ds x 40 yds No 12m - Yes 8m; spectator sideline should sit back 10ft from field		Full Field, spectator sideline should sit back 10ft from field	
Pass Attempt Rule	Two Loss of possession resets count		None	
Defensive Restrictions	1 v 1 Outside of Critical Scoring Area		No Restriction	
Draw / Start of game after goal	Draw to Start Play for Each Half & After Each Goal		Standard Draw	
	1 starts in attack 8m, 1 starts in defensive 8m (hold until possession)	2 start in attack, 2 start in defensive 8m (hold until possession)	Mercy Rule should be applied for a 6-goal differential at all ages unless waived by the losing team's coach	
Contested Ground Ball	No Restriction - Officials may blow the whistle to break up a scum and award the ball by use of alternative possession rule if no foul is used.		No Restrictions	
Offsides	Must not have more than 4 players below the midfield line on offense	Must not have more than 5 players below the midfield line on offense	Standard Offsides rules	
Stick Checking	NO - 3 Sec Closely Guarded Rule Applies		Modified/Below the Shoulder Checking 3-Sec Closely Guarded Rule Applies	Transitional Stick Checking following USL 14U Rules
Keeping Score	Yes			
Kicking Ball	Yes			
Last Second Fouls	If time runs out prior to the complete administration of a free position - it MUST be administered. Both at the half and at the end of the game			
Coach Requirements	Only 3 coaches allowed on sideline. Head Coach must be Bronze Certified, Assistants must have USA Lacrosse membership.			
Coach on Field	One Coach per team allowed on field close to their sideline	Coaches must stay on the sideline on their side of the field and are not allowed to enter the sub box. No Coaches should be located on the end lines or parents side. Coaches violating these rules will be warned once, and yellow carded on subsequent offenses.		
Officials	1 Official	Up to 2 officials (one official must be senior, one can be a trainee at a discounted rate.)	2 officials (One official must be a senior official, the second can be either a senior or a trainee at a discounted rate.)	
End of Season	Round Robin	Championship Format		
Free Movement	Free movement is allowed for players on a whistle or a stoppage of play. Boundary rules and clearing of the penalty zone are still in force.			
Self Start	YES			
Timeouts	(2) 1 minute timeouts per team per half.			
Goalkeeper	Goalkeeper may reach outside circle to bring ball back in provided one foot is inside goal circle. NO DEPUTY			
Follow Through into Circle	NO	Player's crosse may follow through into the goal circle on a shot		
Parents	Officials will be empowered to handle unruly parents through progressive discipline. Green Card - First warning, ball awarded to other team. Yellow Card - Second warning, coach will remove one player for 2 minutes, parent should be asked to leave by the coach. Third warning - Ref will have the option to call the game. The team with the unruly parent will forfeit the game. Coaches will be required to enforce these rules.			
				Revised 2/10/2024