**10U Grade League
MSSLax Play and Game Rules**

Modified March 2016 by Arianna Gavzy

**New in 2017**

**Goalies**– No goalies in 2017 but associations can practice with one.  If both teams agree prior to the start of the game, goalies may be utilized with a draw.

**GAME & PLAY:**

**For 10U grade, US Lacrosse Youth Girls Rules will apply with certain specifications and modifications noted below.**

All other US Lacrosse Girls Youth U9 rules apply as per rule book: http://www.uslacrosse.org/rules/girls-rules.aspx

**Field Dimensions and Goal Set-Up**

Field Size is 60-70 yards x 30-40 yards (width can remain the same as women’s field if desired)

Fields need not be fully relined (but can be with an alternate color paint).

·         REQUIRED Mark the new mid-field line, and field boundary using cones or paint

  TIP: Use the existing restraining lines to denote the new mid-field and out of bounds lines (see diagram below, with 10U markings noted in orange, and existing markings in black)

·         REQUIRED: Use cones/paint/pop-up crease to mark the second crease

·         OPTIONAL to make an 8-meter fan.

·         REQUIRED: Goals must be flipped upside down so the net is now in the shape of a Triangle.

 

**Team Structure**

·         Teams will play with 7 field players each (7 v 7)

·         Goalies do not play at this level

**Equipment**

·         Regulation women’s stick and pocket

·         US Lax approved goggles and mouth guards to be worn at all times. Mouth guards must fully cover the leading (anterior) dental arch and be of a visible color (not white or clear). No graphics of teeth.

·         No Jewelry

·        Game ball must be “NOCSAE” approved. May be orange, yellow, or lime green.

**Player Rules**

·         No Stick or Body Contact Allow (No Checking Allowed)

·         No Covering or “Raking” the ball with ones’ stick

·         All players must stop moving when the officials’ whistle is blown (indicating a foul).

·         After any whistle is blown indicating a foul, all players from both teams must be at least 4-meters from the player with the ball. **The official will give specific directions if the fouling player must go 4 meters in the direction they came from (Minor Foul) or 4 meters behind (Major Foul).**

·         3 Second Closely-Guarded rule: a player may not possess the ball for more than 3 seconds when closely-marked up by an opponent who is in a safe checkable position. **Umpires should blow the whistle upon the count of 3 for girls who possess (cradle) the ball in one position while being closely defended.** Players must shift the position of the stick relative to the defender or the whistle will be blown.

**The umpire must count out loud & physically and/or verbally signal indicating the player must move their stick out of a checkable position before blowing the whistle.**

When called, 3-seconds closely guarded constitutes a Minor Foul against the attack and results in an immediate change in possession of the ball (defender gets possession)

·         Goal Circle (crease) rule: a player cannot enter the crease during play.

**Defender enters crease:**

If less than 3-passes: Minor Foul and attacker is placed on the 12 meter (roughly) and an indirect free position (must achieve 3-passes before taking a shot).

If 3-passes have occurred, attacker is placed on the 8-meter and may take a direct shot on goal when play resumes.

**Attacker enters the crease:** the defender closest to the top of the 12 meter (roughly) is given possession of the ball.

If the ball rolls into the crease *without* entering the goal, the whistle is blown and the ball is given to the defending team at the goal line-crease intersection.

·         3 *Attempted* Passes rule: each team must make three *attempted* passes before shooting on the goal.

The passes can occur anywhere on the field.

If the team did not have 3 attempted passes it is considered a **no goal** and the closest opposing player is given the ball at the goal line-crease intersection. **The umpire will count out loud and/or use hand signals to indicate the number of passes attempted.**

If a team completes their 3 passes and the ball remains on the offensive side of the field, the 3 count will NOT reset if possession is lost as long as the attacking team gains possession again while the ball is still inside the offensive side.

If the attacking team is able to regain possession from the defending team prior to the ball being cleared over the mid-field line, the attacking team can go directly to goal without having to make an additional 3 passes.

This change rewards the attacking team for working hard to re-defend and regain possession, is more realistic in that many game situations are unsettled, and most importantly, encourages the defending team to maintain possession and clear the ball quickly over the mid-field line. **The Umpire should indicate that the offensive team has the go-ahead to shoot on the goal in this situation.**

·         **New in 2016** **Scorekeeping**: In keeping aligned with US Lacrosse’s rule guidance, score will NOT be kept at 10U games, either by the umpire or the time table.

·         **New in 2016** **Defending**: In an effort to drive safety and prepare players for the 8-meter defensive rule at high levels of play, referees will verbally direct defensive players to be marked up within a stick length of an opposing player. If defensive players are not responsive to this rule and are at risk of being in shooting-space the referee may blow the whistle and redirect the defensive player to match up with an opponent.

 ·         Free Draw rule: due to the lack of an official score board, it is up to the umpire’s discretion if he or she believes that a team is at a significant disadvantage for offensive opportunities. If this is the case:

The disadvantaged team’s center is automatically given the ball on the draw.

The opposing center will be 4 meters away towards her defensive end, at a 45-degree angle.

This rule is to replace the 4 & 8 Rule that is in effect at the 5/6 level

 ·       Shooting Space rule: a player may not stand in the free space to the goal if she is not marking an opponent within a stick’s length. This is to keep defenders safe and to encourage safe shooting by the attacker.

 ·       Dangerous Shooting rule: if the attacker shoots over or through any player who is not within a stick’s length of the attacker, this is considered a Major foul on the attacker.

Additional Rules

·         NO 3 seconds defending rule within the 8-meter at this age level only. Encourage your players to mark up and stay goal side defensively. Umpires will tell players to mark up if they are posted in front of the goal. Remember shooting space IS a rule so players **cannot** stand in front of the goal deflecting shots.

·         Substitutions are allowed “on the fly/move” but encourage your players to completely run off the field before the substitute enters the field. \*Marking up means the defender is matching herself up within a stick’s length to an opponent.

 **Yellow Card Rules**

·         Yellow card rules are the same as all other youth leagues: if a yellow card is issued the player must stand next to the Timer Table for 2 minutes of elapsed playing time *without* a replacement substitute.

o               Check to the Head

o               Dangerous Follow Through

o               Dangerous Propelling

o               Slash

o               Rough/Dangerous Check

o               Cross-Checking

o               Illegal Contact

o               Illegal Use of the Stick

o               Hooking

o               Modified Checking Violation (repeated offender)

·       Any player who receives 2 yellow cards shall sit out the rest of the game.

o   A team will play short from the first red card issued (4 minutes) and the carded person is ejected and cannot participate in the following game.

o   Coaches/Refs should report any red cards (player name & jersey number) within 24 hours under the "Game Results" tab on the MSLax website.

o   Coaches are subject to the same red card and yellow card calls and penalties.

o   Coaches can receive red cards as a result of unruly fans.

**Coaches**

·         **New for 2016**: Coaches are NOT allowed on the field to direct girls during the game.

·         Coaches, please familiarize yourselves, your players and parents with the rules highlighted above.

**Game Information and Cancellation Policies**

·     Games will be 2 - 20 minute halves with running time with 2-minute stop time in last 2 minutes of each half.  Each team is entitled to two - 2 minute time-outs per game.

\*  If there is a tied score at the end of regulation play, the game will end with a tie.  There will be no overtime play.

·     Games may be played with fewer than 7 vs. 7 players upon mutual agreement of coaches. Otherwise, a team short of players will forfeit.  It is encouraged that if a team has no substitutes and the other team has many, share some players for more playing time.

·         Each association makes their own game schedule by working cooperatively with opposing teams.  Games may be scheduled on any day of the week at an appropriate time.  The day and time of a game is not determined by MSLax but rather by each association.

·         If a team needs to reschedule due to poor weather, the home team Coach and/or Club Representative must contact the visiting team contacts to reschedule at a mutually agreeable time and place. The home team coach is responsible for notifying the assignor of changes who will try to assign the same umpires.

·         If officials are not notified about a game cancellation and arrive at a field, they are entitled to payment.  Also, if a game is called for weather and officials are on field, they should be paid.

\* Weather delays or cancellations - if a game in progress is stopped due to inclement weather the teams should use their best judgement on a delay or rescheduling.  For league reporting purposes, if the game needs is stopped, the team with the lead at the end of the first half shall be declared the winner.  Ties still count as a tie.

·         Re-scheduled game information should be requested by filling out the "Reschedule Game Request" tab on the MSSLax web site.  Games that are cancelled for a reason other than inclement weather are subject to a $10 rescheduling fee.

**Team Info and Responsibilities**

·         Teams should expect to play approximately 1/2 of games at home. Home teams are responsible for providing a volunteer **Table-Timer**, table, time clock and a medical kit. If a team does not have a home field, games may be played as "home" on an opponent's home field. The visiting "home" team will be responsible for staffing the Table-Timer.

·      A “Table-Timer’s” responsibilities include keeping the time, record the player number and time if a yellow card is distributed, & notifying respective team or player of when they can enter the game again after a penalty. If a player is issued 2 yellow cards, this constitutes a red card and the player may NOT re-enter the game. Consult the umpire if this situation occurs to ensure it is administered correctly.

 ·         All players must be members of US Lacrosse or members of fully school sponsored teams, for insurance purposes.