

### **Start & Stop of Play**

Officials' whistle starts & stops play. Players must stop & stand on whistle & restart on next whistle. Official calls time out (TO) for injury or unusual situations. Coaches can request TO after a goal or when his/her team has possession of ball.

### **Scoring**

Goal scored when ball passes completely over goal line. Score by attacker's crosse not body. Score off defender's crosse/body.

### **Draw**

**Player positioning:** 5 players/team between restraining lines, 1 player/team inside center circle. Player's taking draw – one foot touching centerline, two hands on crosse shaft (cannot touch pocket).

**Crosse positioning:** in vertical plane above centerline, back to back, right sidewall towards ground, pocket open to each other's goal, positioned above hip level & height suitable to both players.

**Legal Draw Requirements:** On official's "Ready", centers must remain motionless except head movement. Centers must immediately draw crosses up, Ball must attain height higher than heads of players taking draw.

**\*\*Youth\*\* 4-goal differential, ball to team with lesser goals at center circle. Opponent 4M ahead @ 45' angle. Must pass to score.**

### **Free Position (FP)**

Penalty for fouls is free position (FP) to non-offending player & all players moving 4m away in direction relative to position at time of foul. Ball to player fouled or closest

player to spot of foul. No FP closer than 8m from goal circle.

**Major fouls:** offender placed 4m behind FP, all other players 4m away – In CSA (not in 8m), clear penalty lane.

**Major fouls in 8m:** player w/ball on closest 8m hash, offender 4m behind, all players clear 8m arc.

**\*\*Youth\*\* 8m FP is INDIRECT if NOT using a goalkeeper or modified goal.**

**Minor fouls:** offender & players 4m away in relative direction from player w/ball.

**Minor fouls in 12m:** player w/ball on 12m in line from foul, offender & all players 4m away, "Indirect".

### **Restraining Line (RL)**

**Offense:** no more than 7 players on or over RL in their offensive end

**Defense:** no more than 8 players (inc. goalie) on or over RL in their defensive end

**Offense Fouls:** Ball to closest Defender.

Closest Offense 4M behind ball.

Move closest Offense below to above RL.

**Defense Fouls:** Ball to closest Offense. Closest Defender 4M behind ball. Move closest Defender below to above RL.

**-Ball in CSA,** FP to closest Offense @ 12m center, closest Defender behind, clear penalty lane.

### **Out of Bounds (OB)**

- OB when ball touches ground on or outside boundary line. Redraw if ball goes directly OB on draw.

- Last player to touch ball (pass, carry, or loose) before OB, ball to opponent.

- Shot/deflected shot\* – ball awarded to player closest to spot where ball went OB

\* Shot/deflected shot remains shot until another player has possession or ball comes to rest in-bounds.

### **Resuming Play**

- Closest opponent awarded ball & positioned **2m** inside boundary from spot where ball went OB. If Goalie in GC is closest to ball when it goes OB, goalie will be awarded ball in GC.

- Players(s) in immediate vicinity maintain same relative position to ball carrier at time of whistle. Must give ball carrier 1m of space.

### **Goal Circle (GC) Fouls**

No part of field players' body or crosse may enter GC except shooter & guarding defender. **\*\*Youth\*\* Not at anytime.**

#### **Ball cannot:**

- Remain in GC for more than 10 sec.

- Be drawn/carried into GC if any part of goalie's body is grounded out of GC.

- Re-enter GC after cleared without being "played" (pass/checked/fouled) by another player.

### **Goal Circle Fouls Set Up**

Goalie/Defense: ball to closest Offense at 8m-goal line extended, offender (except Goalie) behind.

Offense: ball to goalie in GC, all players 4m away from GC.

**Deputy must:** Follow GC requirements

- Not enter GC until goalie is fully out.

- Leave GC immediately upon her team losing possession.

**\*\*Youth\*\* No Deputy. If no goalie, official designates closest Defender to retrieve ball (can not pass from GC).**

### **Minor Fouls**

Illegal Draw  
Covering ball w/crosse/body  
Warding  
Squeezing head of crosse  
Hand or Body Ball (intentional)  
Throw or Play without holding crosse  
Illegal Crosse  
Illegal Equipment: Jewelry, goggles, etc  
Illegal Uniform  
Illegal Substitution  
Delay of Game  
Illegal Time-out  
Illegal Play or Re-entry from OB  
Adjust pocket strings after inspection

### **Major Fouls: Offense** (\*Mandatory Card)

**\*\*Youth\*\*3-seconds: hold ball longer than 3-sec when defense in position to check.**

**Charging:** charge, shoulder, or back into an opponent.

**Illegal Pick:** set a moving or stationary pick out of opponents' visual field without time/space to stop/change direction.

**Forcing Through:** while in possession of ball force through opponents' crosse(s).

**Dangerous Propelling\*:** propel ball with crosse in dangerous/uncontrolled manner.

**Dangerous Follow Through\*:** follow through with crosse in dangerous or uncontrolled manner.

**Dangerous Shot:** shoot dangerously or without control. Judged on combination of distance, force & placement. Shot directed at body, head, or neck unless goalie moves into path of shot.

**Illegal Shot:** shoot from an indirect FP. Shot legal if played (pass/checked/fouled) by another player.

### **Major Fouls: Defense** (\*Mandatory Card)

**Illegal Checks:** Include:

**Rough Check**

**Slash\***

**Check to Head\***

**Hooking**

**Reaching across Body, Holding.**

**\*\*Youth\*\* U-13: Modified check: entire stick below shoulder & away from body.**

**Free Space to Goal (FSG):** Non-marking defender in attacker's FSG. Offense must look & have opportunity to shoot. No foul if marking opponent within stick's length.

**Three Seconds:** Defend in 8m-arc more than 3-sec without marking opponent within stick's length. Exempt if marking unmarked opponent who is directly behind GC (not exempt from FSG). Not exempt when double or multiple teaming a non-ball attack player.

**Crosse in Sphere:** hold crosse within 7" sphere around face or throat of opponent.

### **Major Fouls: Offense or Defense**

**Blocking:** block opponent by moving into path without providing time to stop or change direction

**Pushing:** push opponent w/ hand or body

**Illegal Contact:** initiate crosse to body or body to crosse contact

**Detaining:** hold/push against body, crosse, or clothing with arm, leg, body or crosse.

**Tripping:** (intentional or unintentional)

**False Start**

**Play ball off an opponent:** (intentional or unintentional)

## Summary of 2013 USL Rules

### *NYS Section V U-13 Girls Lacrosse Youth Modifications*

#### **Note:**

This is not inclusive of all USL rules. Knowledge of complete rules is recommended to ensure safe and fair play.

Go to  
**[www.USLacrosse.org](http://www.USLacrosse.org)**  
for complete rule and guide book.