

2021 Girls Youth Rec Rules

Italics represent UALA modifications to US Lacrosse rules

Category	8U - 1 st /2 nd	10U - 3 rd /4 th	12U - 5 th /6 th
Players	4v4 / No GK	8v8 / 7 field + GK	8v8 / 7 field + GK
Field Size	Cross field	8v8: cross field	8v8: cross field
Field Lines	Goal Circle	Goal Circle, 8m, midfield line	8v8: U10 lines
Goals	3'x3' or 4'x4'	4'x4' or 6'x6'	6'x6'
Balls	Softer ball <i>or regulation</i>	NOSCAE: Yellow or Orange	NOSCAE: Yellow or Orange
Scorekeeping	No score kept	No score kept for rec games	No score kept for rec games
Stick	No pocket requirements. May shorten stick to length of player's arm.	Modified pocket allowed: no more than half of the ball may fall below the bottom of the sidewall. May shorten stick to length of player's arm.	Modified pocket allowed. Length: 35.5" min, 43.25" max.
Length of Game	2x12" running	2x20" running	2x20" running
Timeouts	No team timeouts	1 team timeout	1 team timeout
Overtime	No overtime	No overtime	No overtime
Start of Game/Half	Coin toss for possession; players start in defensive end (4m apart)	Draw each half; 1 player at draw; 3 players from each team at both 8-m	Draw each half; 1 player at draw; 3 players from each team at both 8-m
Start After Goal	Ball to defender to side of goal circle; remaining players moved 4m away	<i>Goalkeeper free clear within own 50 yd line. Play begins on official's whistle.</i>	<i>Goalkeeper free clear within own 50 yd line. Play begins on official's whistle.</i>
Restraining Line	None	2 field players behind midfield line	2 field players behind midfield line
Cards	No cards, teams do not play short	Yellow: Player sits for 2 min Red: Player out for game Team does not play short	Yellow: Player sits for 2 min Red: Player out for game <i>Team does not play short</i>
Ground Balls	No more than 1 player from each team; kicking ball not allowed	No more than 1 player from each team; <i>kicking allowed</i>	No more than 1 player from each team; kicking allowed
Covering Ball	No covers at any time	No covering ball with opponent in playing distance	No covering ball with opponent in playing distance
Minimum Pass Rule	<i>Two passes initiated and received (in close vicinity of receivers stick) on attack half of field prior to shot</i>	Two passes initiated and received (hits head of the stick). Count begins with the goalie clear <i>from a save</i> . Otherwise, the count begins <i>after</i> the free clear.	Two passes initiated and received (hits head of the stick). Count begins with the goalie clear <i>from a save</i> . Otherwise, the count begins <i>after</i> the free clear.
1v1 Defense/Double Teams	Must play 1v1 defense at all times	Must play 1v1 defense in midfield. May double in the 8-m.	Must play 1v1 defense in midfield. May double in the 8-m.
Checking	No checking	No checking	<i>No checking</i>
3 sec, closely guarded	Applies	Applies	Applies
Offsides	Not applicable	Applies	Applies
3 sec, 8m arc	Not applicable	Applies	Applies

Major Fouls	Illegal/ dangerous contact & unsportsmanlike	Major fouls per 2020 NFHS Rules Book <i>See next page for rules pertaining to fouls inside 8m</i>	Major fouls per 2020 NFHS Rules Book <i>See next page for rules pertaining to fouls inside 8m</i>
Officials	1 coach from each team on field; 1 youth official recommended	8v8: 1 required, 2 recommended	8v8: 1 required, 2 recommended
Self Start	Applies (see below)	Applies (see below)	Applies (see below)
Deputy	Player may enter goal circle only after the shot to clear the ball.	No player other than the goalie may enter the goal circle at any time.	No player other than the goalie may enter the goal circle at any time.
Free Movement	Applies	Applies	Applies

2021 Girls Youth Rule Notes

Restarting Play – Self Start (8U, 10U and 12U) & Free Movement

For a foul outside of the critical scoring area, the player who is awarded the free position, after coming to a stop/settled stance, may continue without waiting for an additional whistle. A settled stance is with both feet stationary on the ground and the ball positioned in the head of the stick. The self -start must be taken within playing distance of the spot of the foul.

All other players, including the offending player, must move 4 meters away from the free position as directed by the official.

Play will commence once the ball carrier steps or passes. Once play has commenced the defenders may engage the ball carrier.

NOTE : The player taking the free position may wait until all players are moved 4 meters away, and then play may commence on the officials’ whistle.

Self-start is not an option when:

1. The game clock is stopped (timeouts);
2. There is a restraining line violation; (not applicable at 6U)
3. The ball is in the critical scoring area, excluding boundary restarts;
4. There is an alternating possession;
5. There is an inadvertent whistle; or,
6. A goal is scored. (Note: A free goalie start will start on the official’s whistle as well as the 10 s count)

Free Movement is allowed as long as it is not within the CSA(8-m to the dots) during a free position, within 4-m of a fouled player, or within 2-m of a player bringing in a boundary ball.

Penalty Administration for Major Fouls in the 8-meter arc: (10U and 12U Only)

For a major foul by a defense player which occurs in the 8-meter arc:

1. The player who was fouled will move to a hash mark nearest the spot of the foul on the 8-meter arc with her feet behind the arc.

2. The player who fouled moves to the 12-meter fan directly behind the player taking the free position.
3. Defensive players are allowed the adjacent hashes.
4. All players' and sticks must be 8 meters away from the goal circle above goal line extended and the area created by the extension of the 8-meter mark to the dots and across the dots.
5. The goalkeeper in the 8-meter may clear back into the goal circle if she did not foul.
6. The shot will be taken even if the Pass Rule (2 passes) has not yet been met.

NOTE: Obstruction to free space to goal CANNOT/SHOULD NOT be called if the Pass Rule has not been met.